

1993.2003

Health Behaviors among Georgia Youth: A Decade of Change, 1993 and 2003



Acknowledgements

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Suggested Citation: Kanny D., Powell KE. Health Behaviors among Georgia Youth: A Decade of Change, 1993 and 2003. Georgia Department of Human Resources, Division of Public Health, December 2003. Publication Number: DPH03/137HW

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Introduction

Many of the behaviors that put adults at greater risk for disease and death are initiated in adolescence, including tobacco use, physical inactivity, poor dietary habits, and behaviors that result in injuries. The purpose of the Georgia Student Health Survey (GSHS) is to monitor priority health-risk behaviors that put youth at risk for the leading causes of morbidity, mortality, and social problems. Topics covered by the GSHS include unintentional injuries and violence; tobacco use; alcohol and other drug use; dietary behaviors; and physical activity. By monitoring these behaviors, Georgia can assess the overall progress of programs and policies to reduce the percentage of youth who are at risk for developing what are, by and large, preventable health problems. The Youth Risk Behaviors Survey (YRBS) and GSHS use identical sampling and data collection methods. They differ only in that some of the questions in the YRBS were not included in the GSHS.

This report compares the results of the 1993 YRBS to those of the 2003 GSHS. Although there were some encouraging changes from 1993 to 2003, especially in the areas of personal safety, violence, and suicide, there were also increases in the percentage of students who engaged in certain drug-related health-risk behaviors.

The results of these surveys apply to public school students in grades 9 through 12. Throughout the report, when changes are said to be significant, there is no overlap in the 95 percent confidence intervals of the percentages being compared. Ninety-five percent confidence intervals for each percentage are presented in the detailed data tables found in Appendix B and the wording of the questions is presented in Appendix A.

Notable positive trends emerged from 1993 to 2003, including:

- Fewer students report never or rarely wearing a bicycle helmet.
- Fewer students report never or rarely wearing a seat belt when riding in a car.
- Fewer students report riding in a car with a driver who has been drinking alcohol.
- Fewer students are carrying weapons, including guns.
- Fewer students are engaging in physical fighting, including physical fighting on school property.
- Fewer students report suicidal ideation and fewer are attempting suicide.
- More students are being taught about AIDS or HIV infection in school.

However, Georgia high school students continue to engage in drug-related risk behaviors. Specifically, from 1993 to 2003:

- More students have used marijuana at some point in their lives.
- More students currently use marijuana.
- More students have used cocaine at some point in their lives.
- More students report being offered, sold, or given illegal drugs on school property.

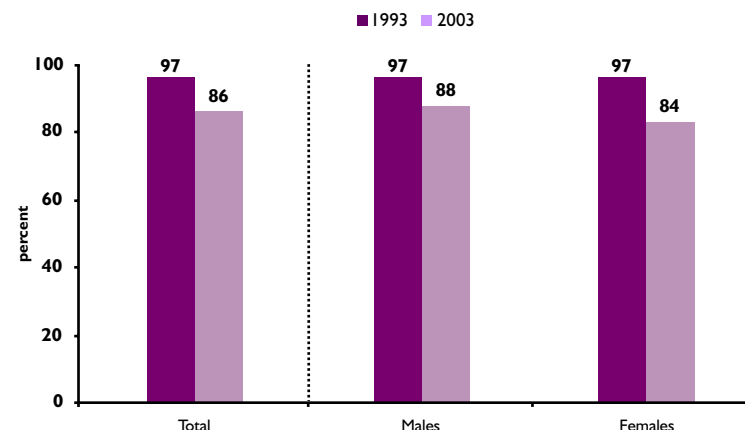
Bicycle Helmet Use

Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.

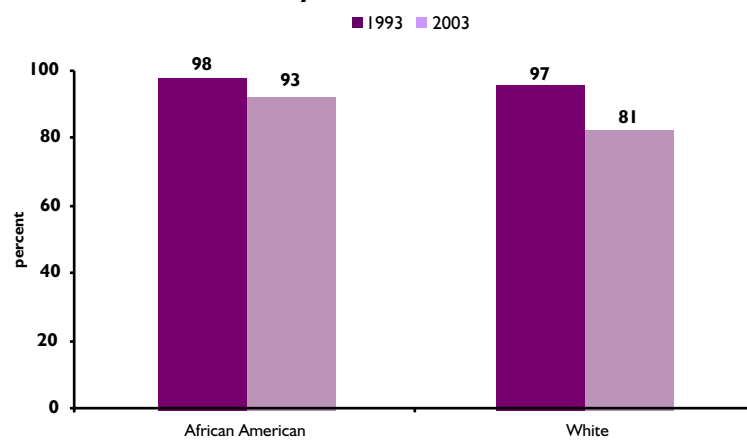
- From 1993 to 2003, there were significant decreases in the percentages of students who never or rarely wore a bicycle helmet among:

- High school students overall: from 97% to 86%;
- Male students: from 97% to 88%;
- Female students: from 97% to 84%;
- White students: from 97% to 81%;
- 9th grade students: from 96% to 81%;
- 10th grade students: from 97% to 88%;
- 11th grade students: from 99% to 91%;
- 12th grade students: from 97% to 88%.

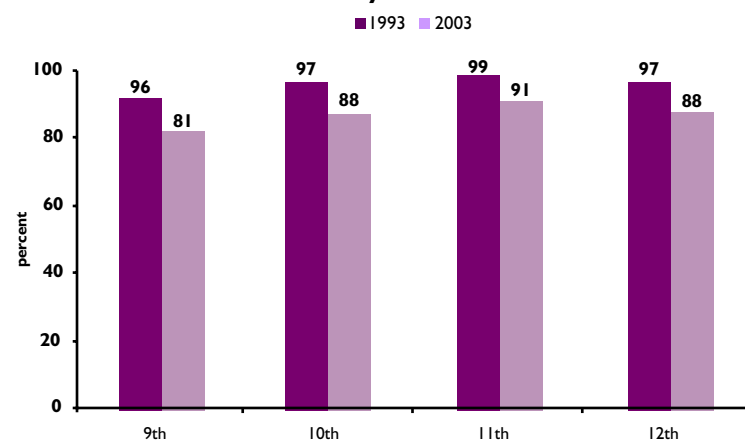
**Students who Never or Rarely Wore a Bicycle Helmet
TOTAL and by SEX**



**Students who Never or Rarely Wore a Bicycle Helmet
by RACE/ETHNICITY**



**Students who Never or Rarely Wore a Bicycle Helmet
by GRADE**

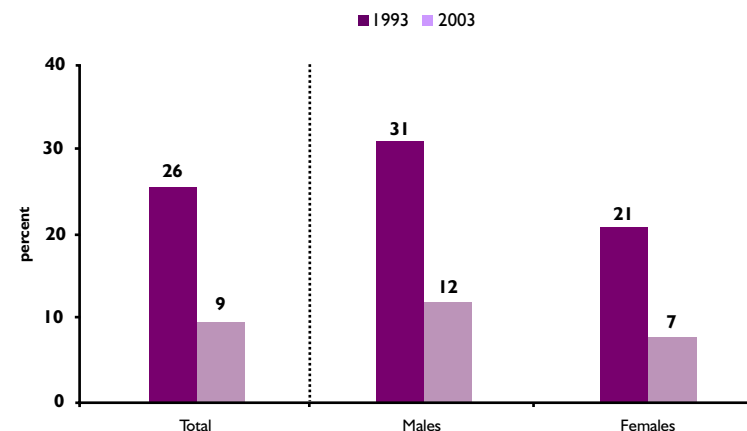


Seat Belt Use

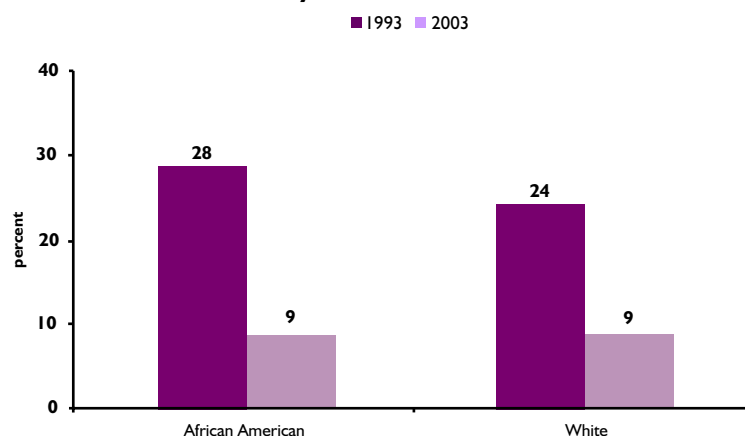
The percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else.

- From 1993 to 2003, there were significant decreases in the percentages of students who never or rarely wear a seat belt when riding in a car driven by someone else among:
 - High school students overall: from 26% to 9%;
 - Male students: from 31% to 12%;
 - Female students: from 21% to 7%;
 - African-American students: from 28% to 9%;
 - White students: from 24% to 9%;
 - 9th grade students: from 31% to 8%;
 - 10th grade students: from 23% to 10%;
 - 11th grade students: from 22% to 9%;
 - 12th grade students: from 25% to 11%.

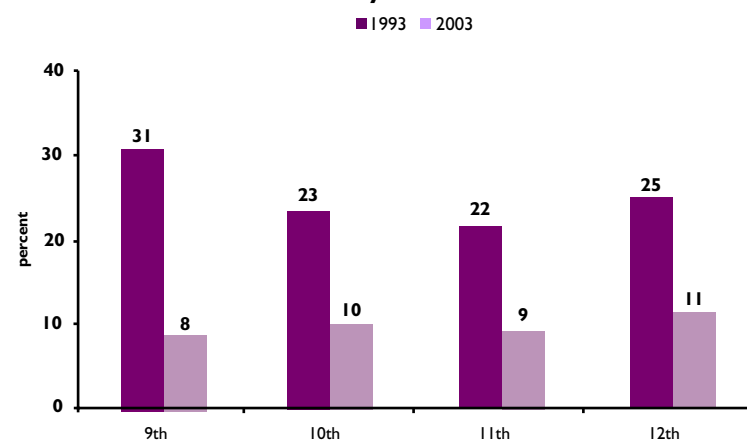
**Students who Never or Rarely Wear a Seat Belt
TOTAL and by SEX**



**Students who Never or Rarely Wear a Seat Belt
by RACE/ETHNICITY**



**Students who Never or Rarely Wear a Seat Belt
by GRADE**



Riding with a Drunk Driver

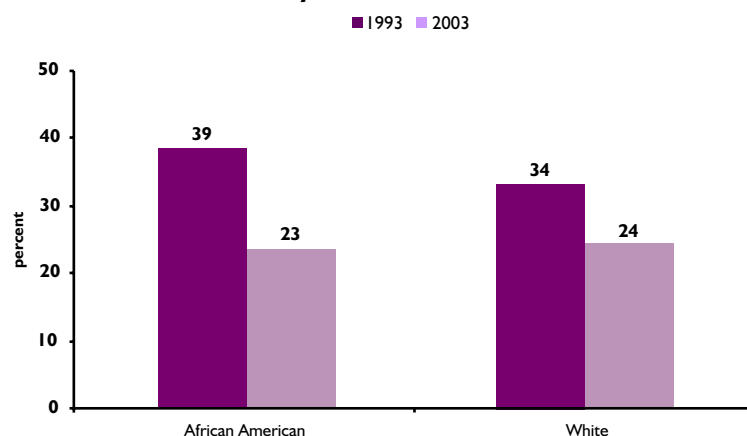
The percentage of students who, during the past 30 days, rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.

- **From 1993 to 2003, there were significant decreases in the percentages of students who rode in a vehicle driven by someone who had been drinking alcohol among:**
 - High school students overall: from 36% to 24%;
 - Male students: from 37% to 24%;
 - Female students: from 34% to 24%;
 - African-American students: from 39% to 23%;
 - White students: from 34% to 24%;
 - 9th grade students: from 33% to 22%; and
 - 12th grade students: from 42% to 26%.

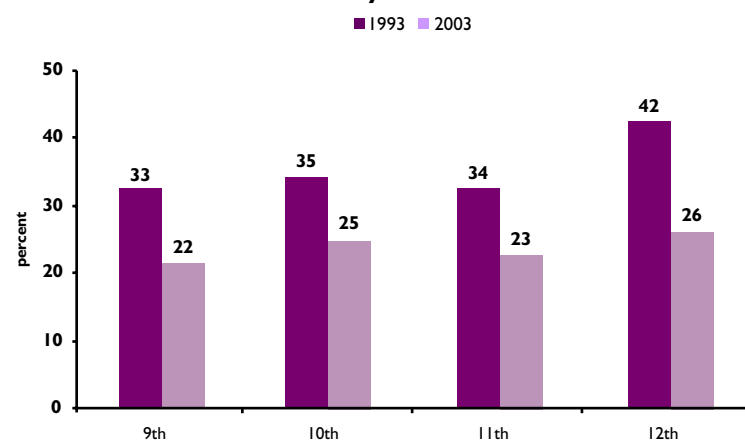
Students who Rode in a Vehicle Driven by Someone who had been Drinking Alcohol TOTAL and by SEX



Students who Rode in a Vehicle Driven by Someone who had been Drinking Alcohol by RACE/ETHNICITY



Students who Rode in a Vehicle Driven by Someone who had been Drinking Alcohol by GRADE



Drinking and Driving

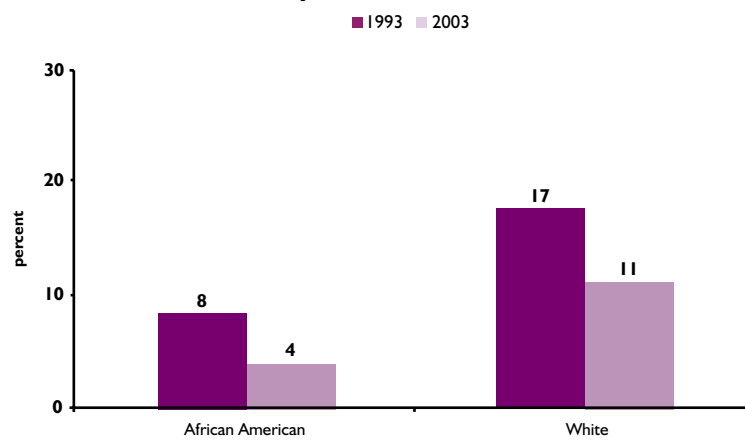
The percentage of students who, during the past 30 days, drove a car or other vehicle one or more times when they had been drinking alcohol.

- From 1993 to 2003, there was a significant decrease in the percentage of students who drove a car one or more times in the past 30 days after drinking alcohol among:
 - Male students: from 17% to 10%.

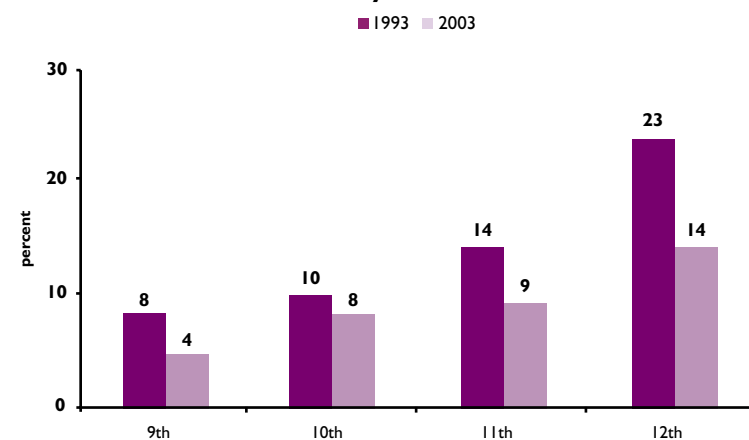
**Students who Drove a Vehicle After Drinking Alcohol
TOTAL and by SEX**



**Students who Drove a Vehicle After Drinking Alcohol
by RACE/ETHNICITY**



**Students who Drove a Vehicle After Drinking Alcohol
by GRADE**

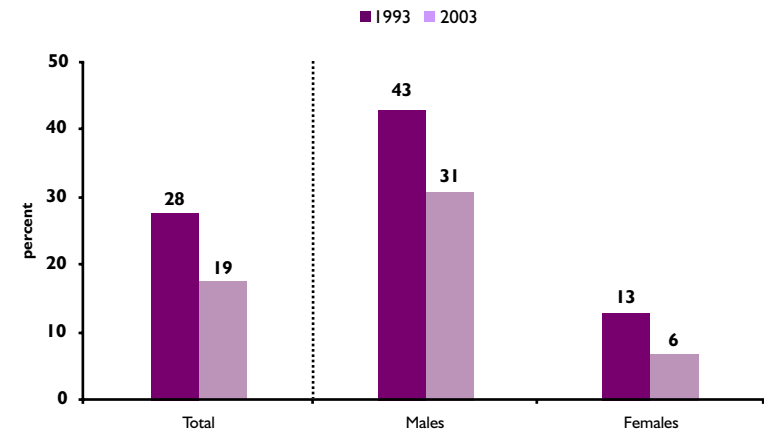


Weapon Carrying

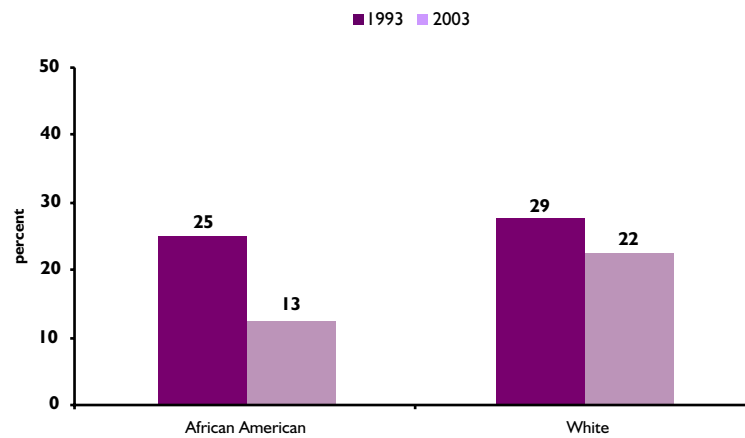
The percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.

- **From 1993 to 2003, there were significant decreases in the percentages of students who carried a weapon on one or more of the past 30 days among:**
 - High school students overall: from 28% to 19%;
 - Male students: from 43% to 31%;
 - Female students: from 13% to 6%;
 - African-American students: from 25% to 13%;
 - White students: from 29% to 22%; and
 - 9th grade students: from 30% to 21%.

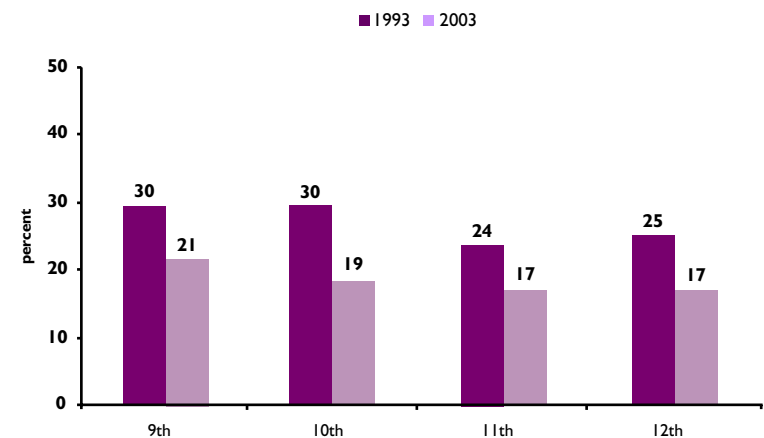
**Students who Carried a Weapon
TOTAL and by SEX**



**Students who Carried a Weapon
by RACE/ETHNICITY**



**Students who Carried a Weapon
by GRADE**



Gun Carrying

The percentage of students who carried a gun on one or more of the past 30 days.

- **There were significant decreases in the percentages of students who carried a gun on one or more of the past 30 days among:**
 - High school students overall: from 11% to 7%; and
 - Male students: from 18% to 11%.

**Students who Carried a Gun
TOTAL and by SEX**



**Students who Carried a Gun
by RACE/ETHNICITY**



**Students who Carried a Gun
by GRADE**

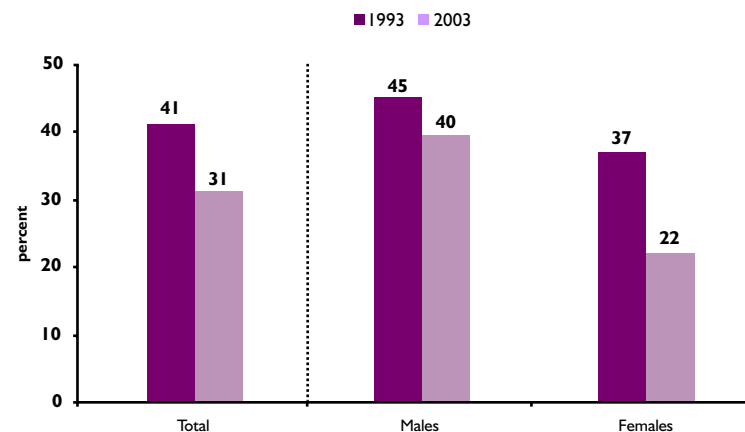


Physical Fighting

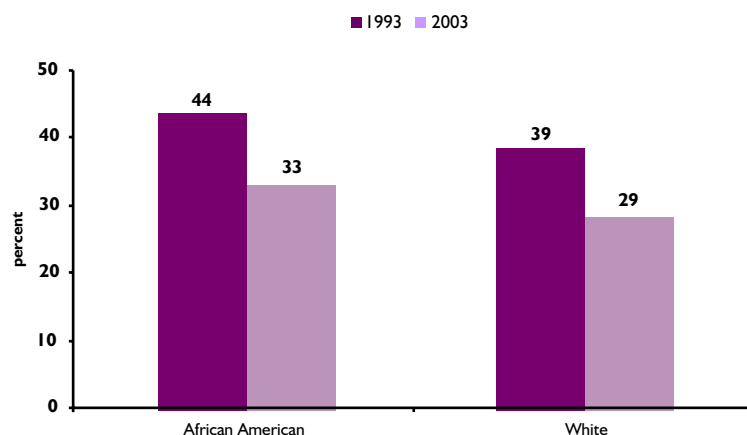
The percentage of students who were in a physical fight one or more times during the past 12 months.

- From 1993 to 2003, there were significant decreases in the percentages of students who were in a physical fight one or more times during the past 12 months among:
 - High school students overall: from 41% to 31%;
 - Female students: from 37% to 22%;
 - White students: from 39% to 29%; and
 - 9th grade students: from 49% to 34%.

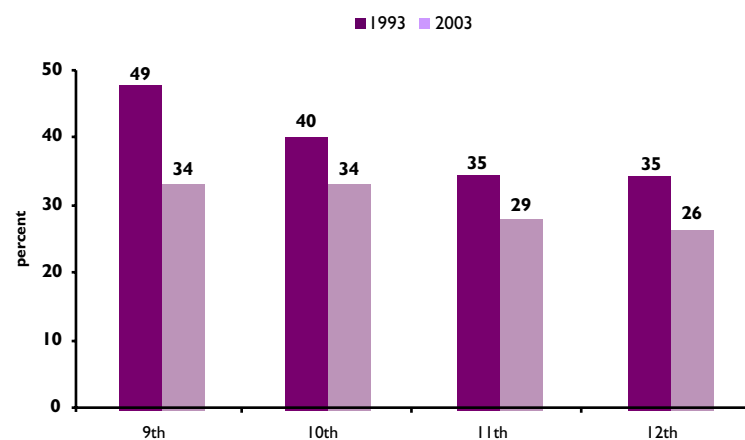
**Students who were in a Physical Fight
TOTAL and by SEX**



**Students who were in a Physical Fight
by RACE/ETHNICITY**



**Students who were in a Physical Fight
by GRADE**

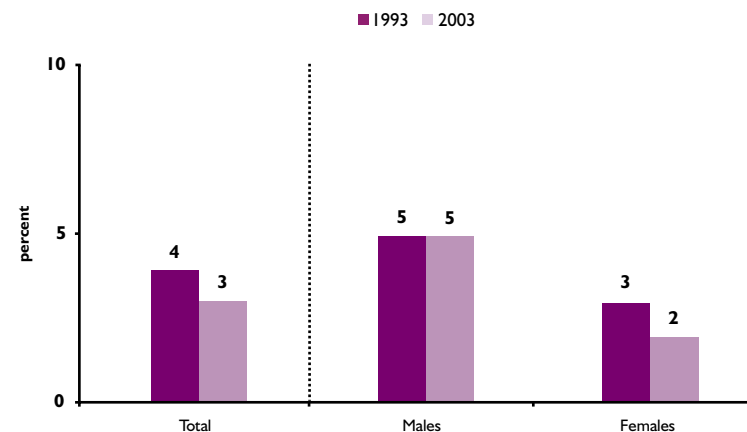


Injuries Resulting from Physical Fighting

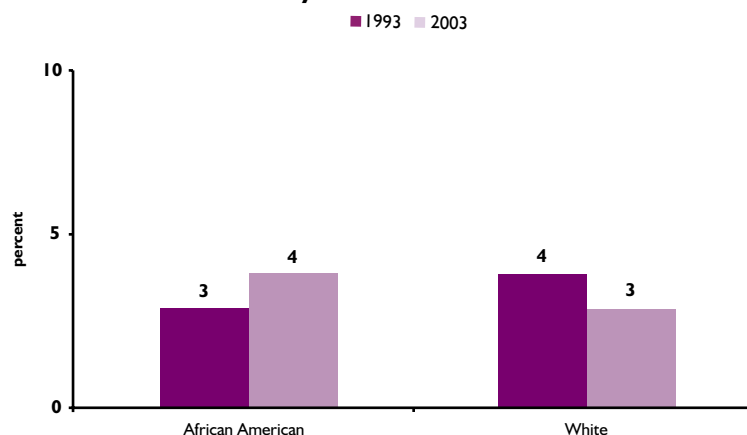
The percentage of students who were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse.

- From 1993 to 2003, there was no significant change in the percentage of high school students who were injured in a physical fight and had to be treated by a doctor or nurse, overall, by sex, by race/ethnicity, or by grade.

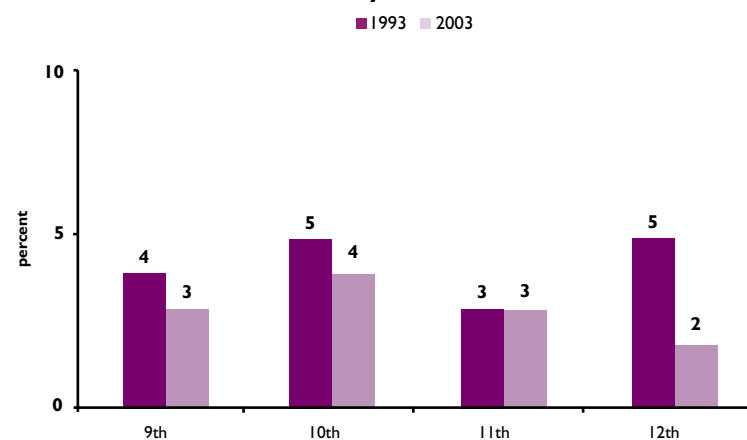
Students who were Injured in a Physical Fight and had to be Treated by a Doctor or Nurse TOTAL and by SEX



Students who were Injured in a Physical Fight and had to be Treated by a Doctor or Nurse by RACE/ETHNICITY



Students who were Injured in a Physical Fight and had to be Treated by a Doctor or Nurse by GRADE

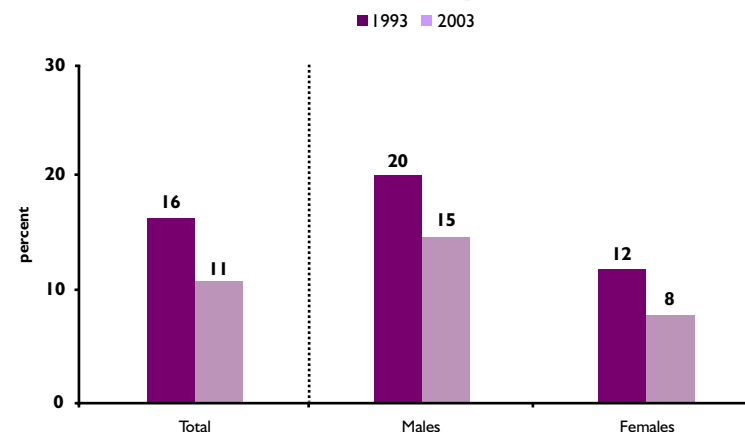


Physical Fighting on School Property

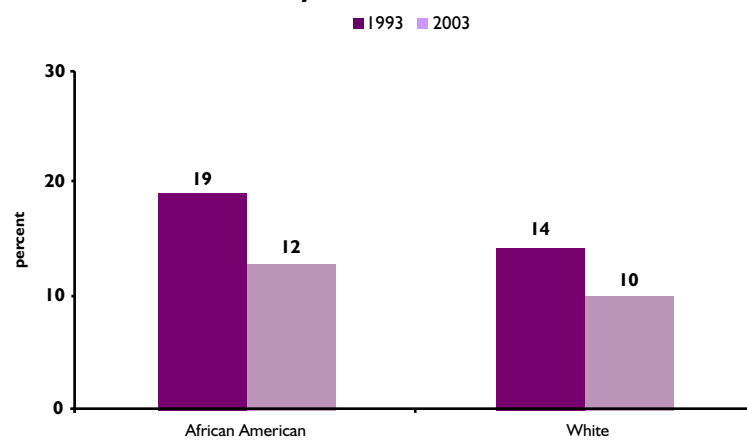
The percentage of students who were in a physical fight on school property one or more times during the past 12 months.

- From 1993 to 2003, there were significant decreases in the percentages of students who were in a physical fight on school property one or more times during the past 12 months among:
 - High school students overall: from 16% to 11%; and
 - African-American students: from 19% to 12%.

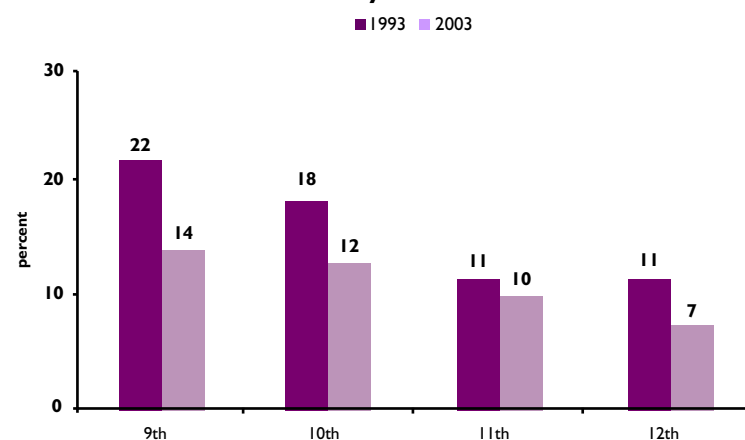
**Students who were in a Physical Fight on School Property
TOTAL and by SEX**



**Students who were in a Physical Fight on School Property
by RACE/ETHNICITY**



**Students who were in a Physical Fight on School Property
by GRADE**

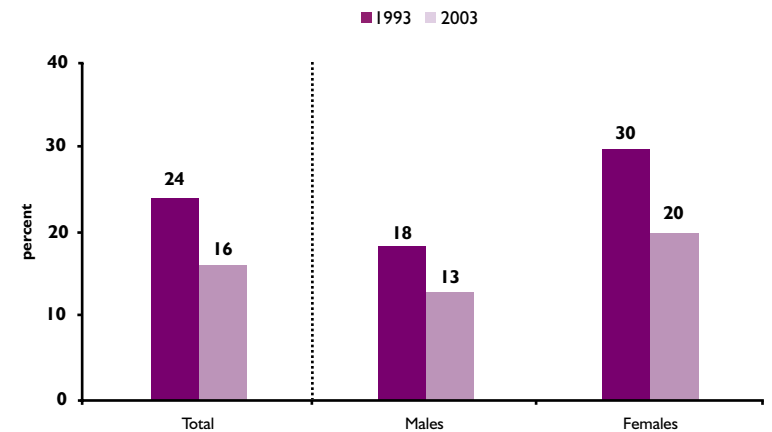


Suicidal Thoughts

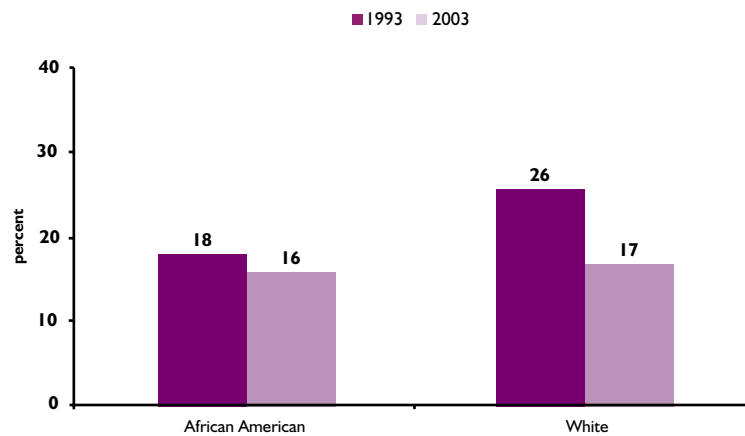
The percentage of students who seriously considered attempting suicide during the past 12 months.

- From 1993 to 2003, there were significant decreases in the percentages of students who seriously considered attempting suicide among:
 - High school students overall: from 24% to 16%;
 - Female students: from 30% to 20%;
 - White students: from 26% to 17%;
 - 9th grade students: from 25% to 17%; and
 - 12th grade students: from 23% to 14%.

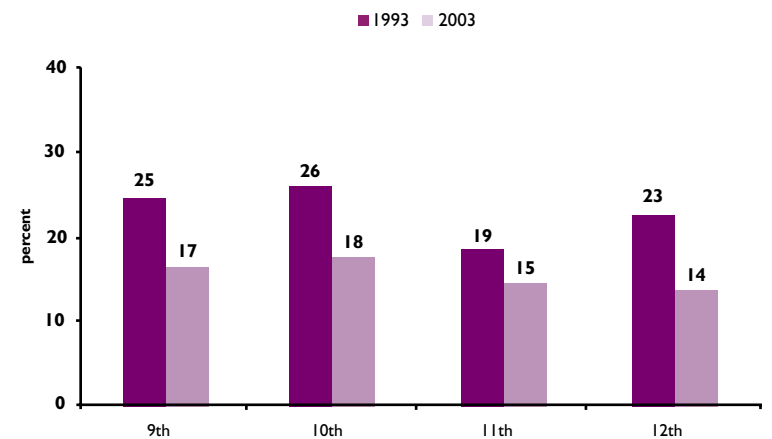
Students who Seriously Considered Attempting Suicide TOTAL and by SEX



Students who Seriously Considered Attempting Suicide by RACE/ETHNICITY



Students who Seriously Considered Attempting Suicide by GRADE



Plans for Suicide

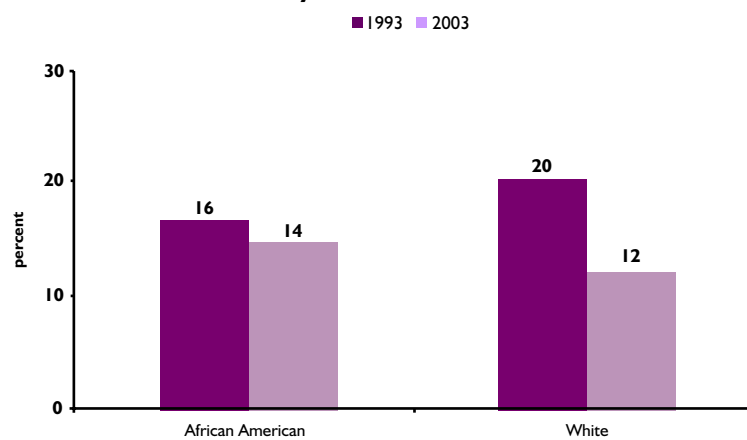
The percentage of students who made a plan about how they would attempt suicide during the past 12 months.

- From 1993 to 2003, there were significant decreases in the percentages of students who made a plan about how they would attempt suicide among:
 - High school students overall: from 19% to 13%;
 - Female students: from 25% to 15%;
 - White students: from 20% to 12%;
 - 9th grade students: from 20% to 13%; and
 - 10th grade students: from 24% to 13%.

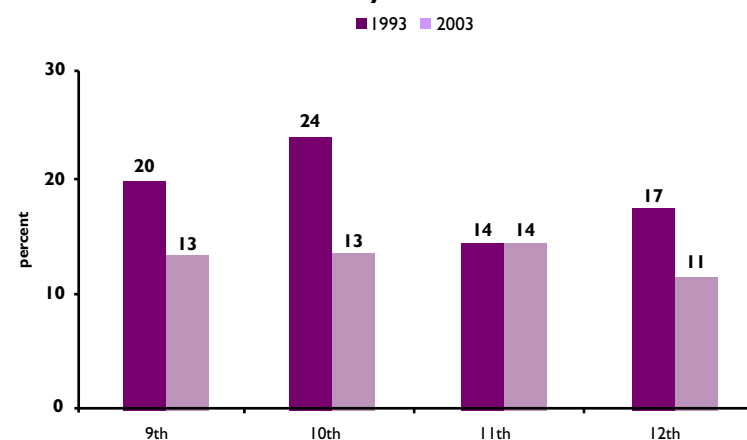
Students who Made a Plan about how they Would Attempt Suicide TOTAL and by SEX



Students who Made a Plan about how they Would Attempt Suicide by RACE/ETHNICITY



Students who Made a Plan about how they Would Attempt Suicide by GRADE

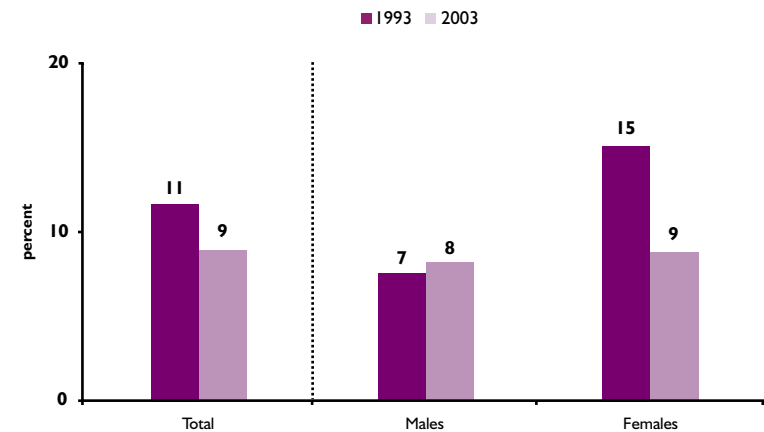


Suicide Attempts

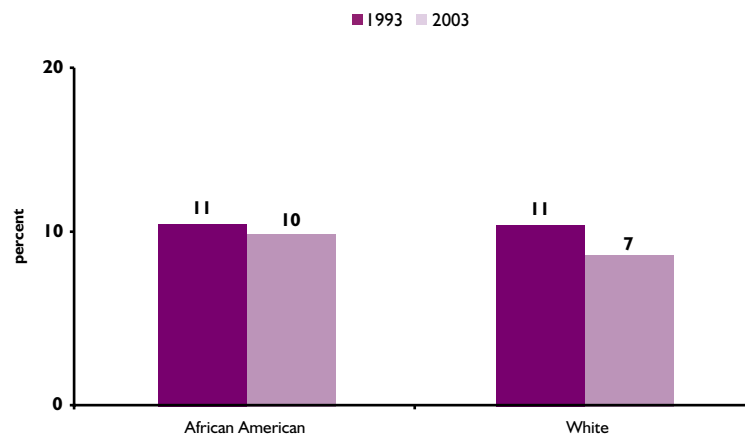
The percentage of students who actually attempted suicide one or more times during the past 12 months.

- From 1993 to 2003, there were significant decreases in the percentages of students who attempted suicide one or more times during the past 12 months among:
 - High school students overall: from 11% to 9%; and
 - Female students: from 15% to 9%.

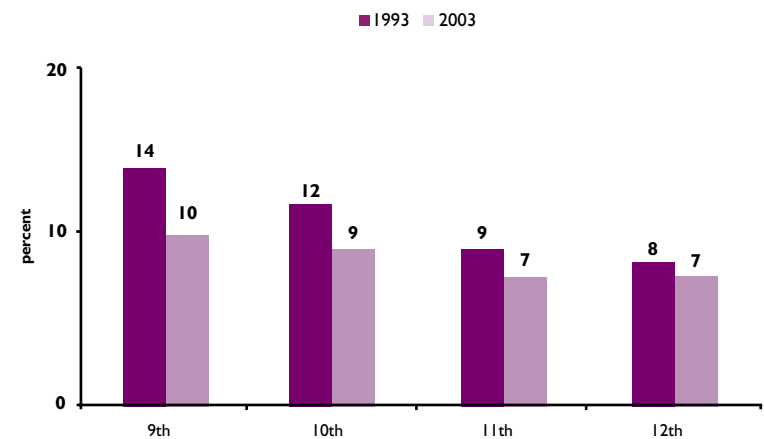
**Students who Attempted Suicide
TOTAL and by SEX**



**Students who Attempted Suicide
by RACE/ETHNICITY**



**Students who Attempted Suicide
by GRADE**

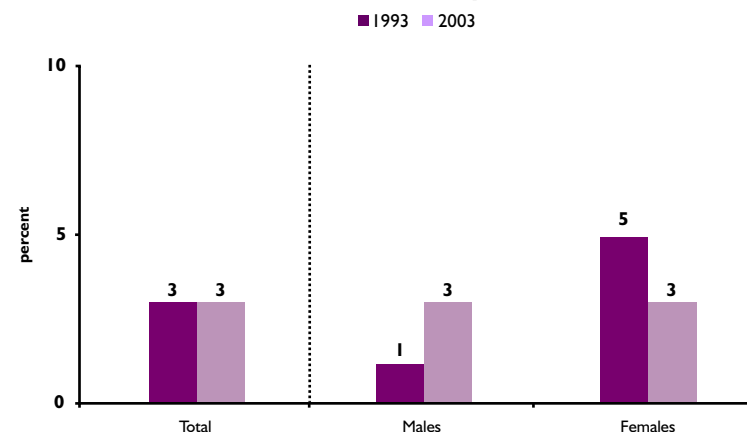


Injuries Resulting from Suicide Attempts

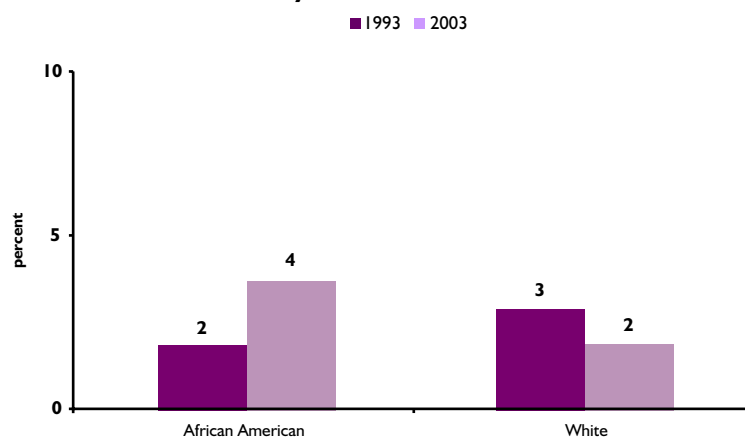
The percentage of students whose attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

- From 1993 to 2003, there was no significant change in the percentage of high school students whose attempted suicide resulted in an injury, poisoning, or overdose that required medical attention, overall, by sex, by race/ethnicity, or by grade.

Students whose Attempted Suicide Resulted in an Injury, Poisoning, or Overdose that Required Medical Attention TOTAL and by SEX



Students whose Attempted Suicide Resulted in an Injury, Poisoning, or Overdose that Required Medical Attention by RACE/ETHNICITY



Students whose Attempted Suicide Resulted in an Injury, Poisoning, or Overdose that Required Medical Attention by GRADE



Cigarette Use Before Age 13

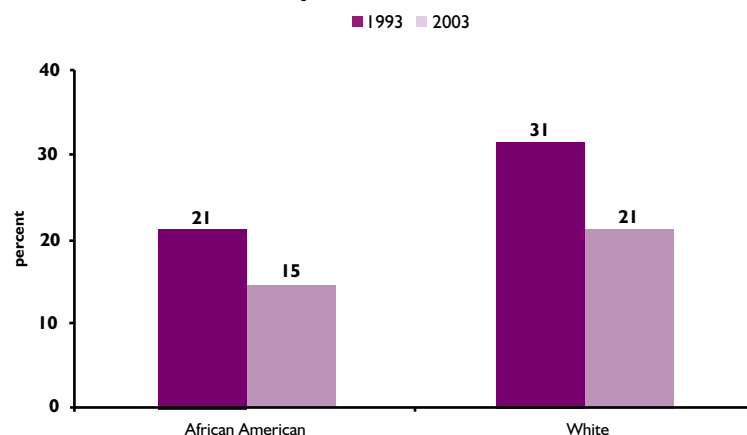
The percentage of students who smoked a whole cigarette for the first time before age 13.

- **There were significant decreases in the percentages of students who smoked a whole cigarette for the first time before age 13 among:**
 - High school students overall: from 27% to 19%;
 - Male students: from 29% to 22%;
 - Female students: from 25% to 16%;
 - White students: from 31% to 21%; and
 - 9th grade students: from 29% to 18%.

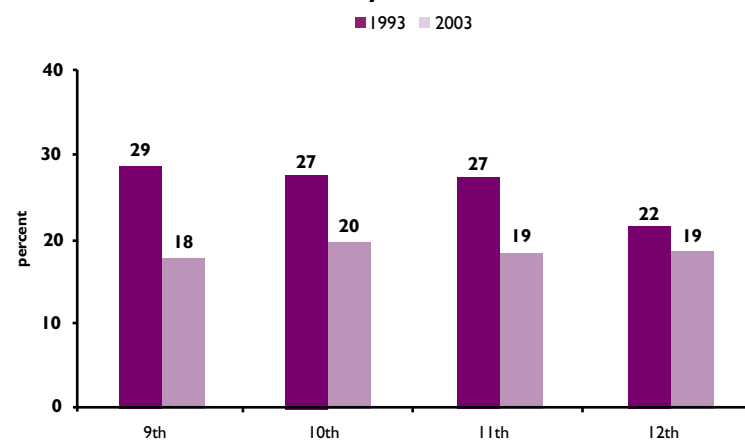
**Students who Smoked a Whole Cigarette Before Age 13
TOTAL and by SEX**



**Students who Smoked a Whole Cigarette Before Age 13
by RACE/ETHNICITY**



**Students who Smoked a Whole Cigarette Before Age 13
by GRADE**

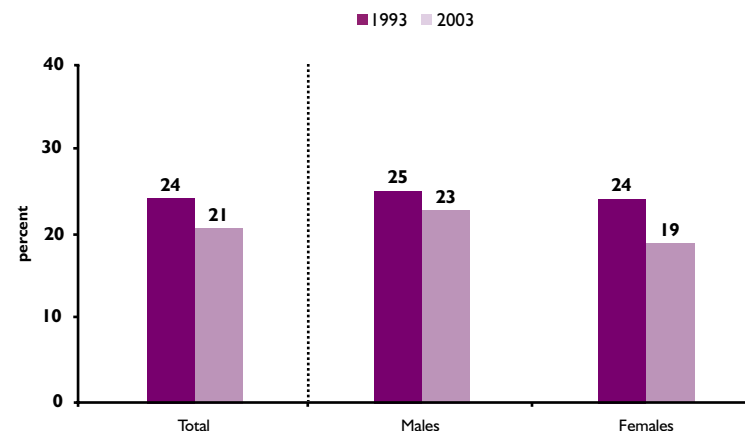


Current Cigarette Use

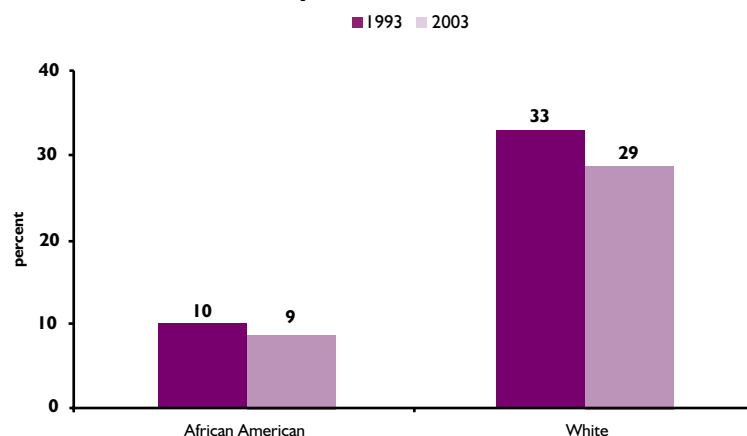
The percentage of students who smoked cigarettes on one or more of the past 30 days.

- From 1993 to 2003, there was no significant change in the percentage of high school students who smoked cigarettes on one or more of the past 30 days, overall, by sex, by race/ethnicity, or by grade.

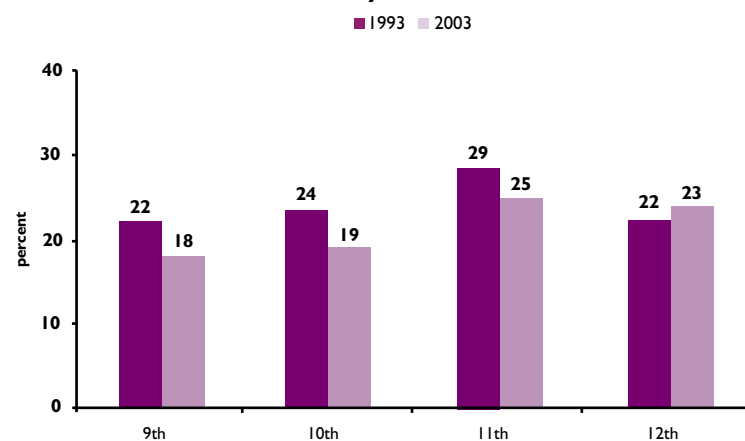
**Students who Smoked Cigarettes on One or More of the Past 30 Days
TOTAL and by SEX**



**Students who Smoked Cigarettes on One or More of the Past 30 Days
by RACE/ETHNICITY**



**Students who Smoked Cigarettes on One or More of the Past 30 Days
by GRADE**

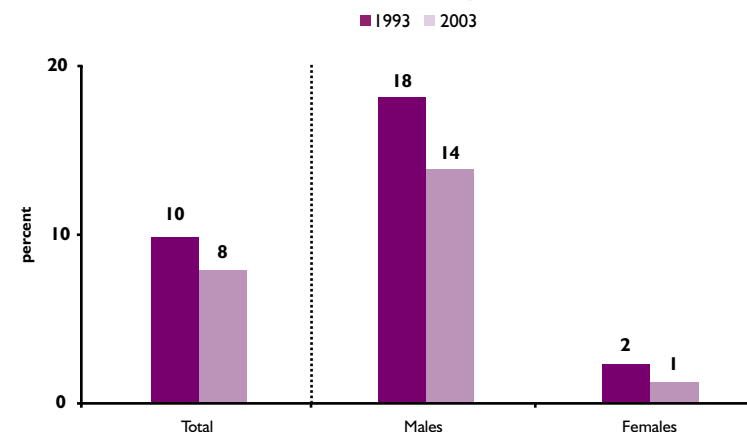


Current Chewing Tobacco Use

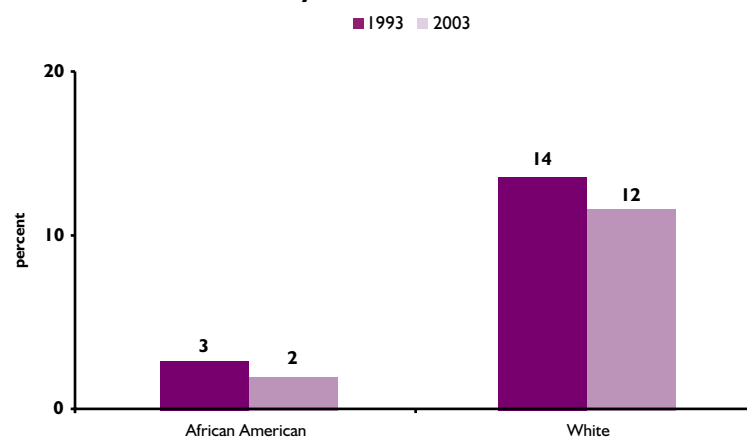
The percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

- From 1993 to 2003, there was no significant change in the percentage of high school students who used chewing tobacco, snuff, or dip on one or more of the past 30 days, overall, by sex, by race/ethnicity, or by grade.

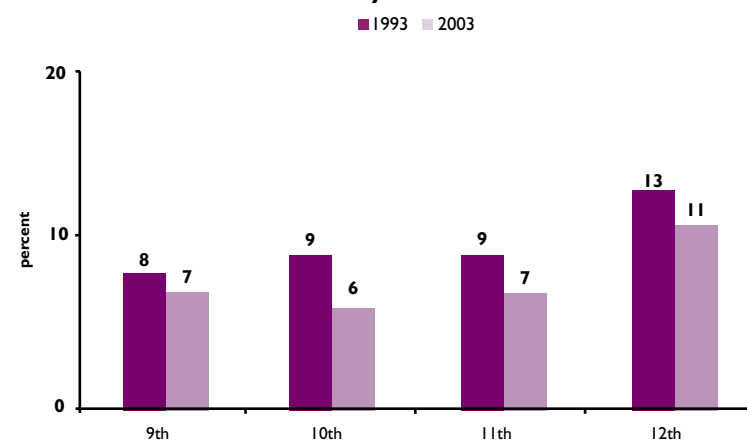
**Students who Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days
TOTAL and by SEX**



**Students who Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days
by RACE/ETHNICITY**



**Students who Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days
by GRADE**

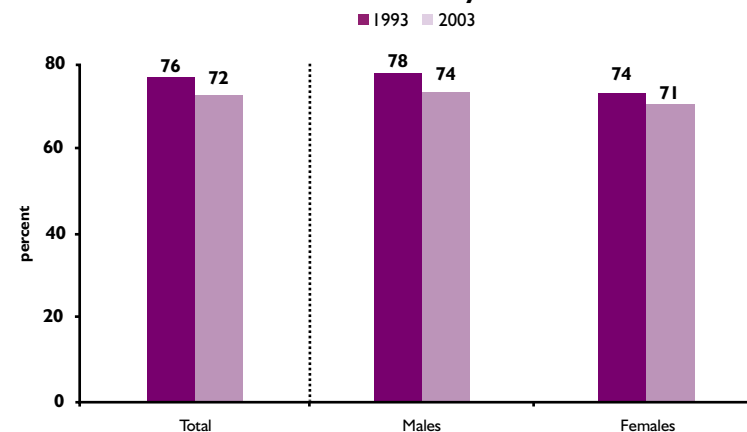


Lifetime Alcohol Use

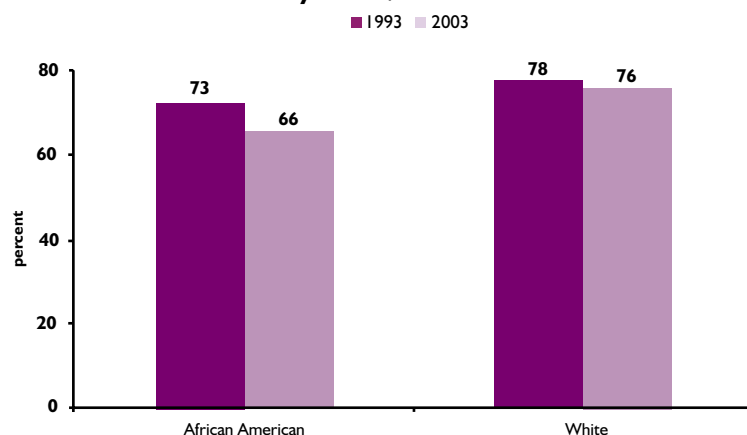
The percentage of students who had at least one drink of alcohol on one or more days during their life.

- From 1993 to 2003, there was a significant decrease in the percentage of students who had at least one drink of alcohol on one or more days in their life among:
 - 9th grade students: from 71% to 63%.

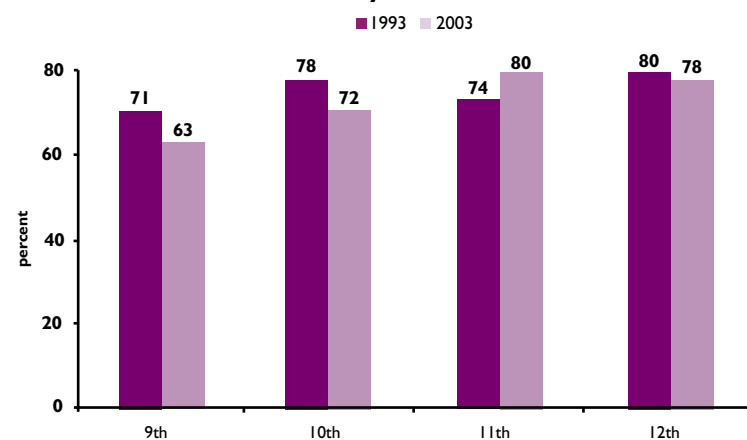
Students who had at Least One Drink of Alcohol During their Life TOTAL and by SEX



Students who had at Least One Drink of Alcohol During their Life by RACE/ETHNICITY



Students who had at Least One Drink of Alcohol During their Life by GRADE

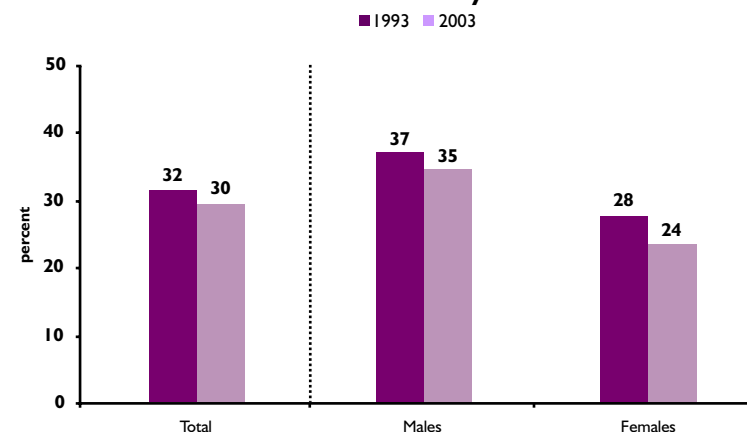


Alcohol Use Before Age 13

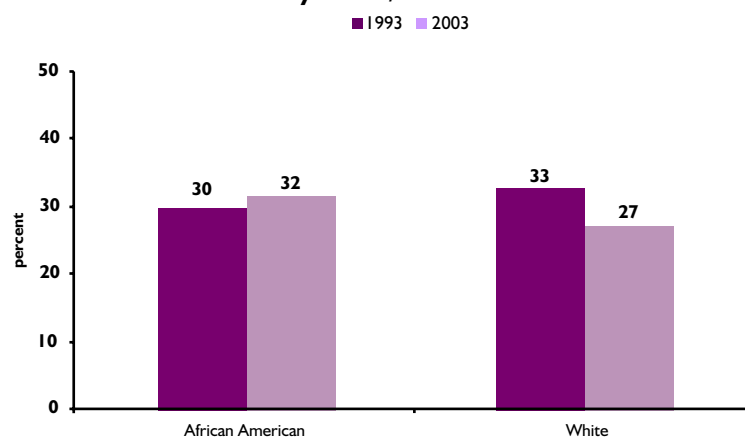
The percentage of students who had their first drink of alcohol, other than a few sips, before age 13.

- From 1993 to 2003, there was no significant change in the percentage of high school students who had their first drink of alcohol before age 13, overall, by sex, by race/ethnicity, or by grade.

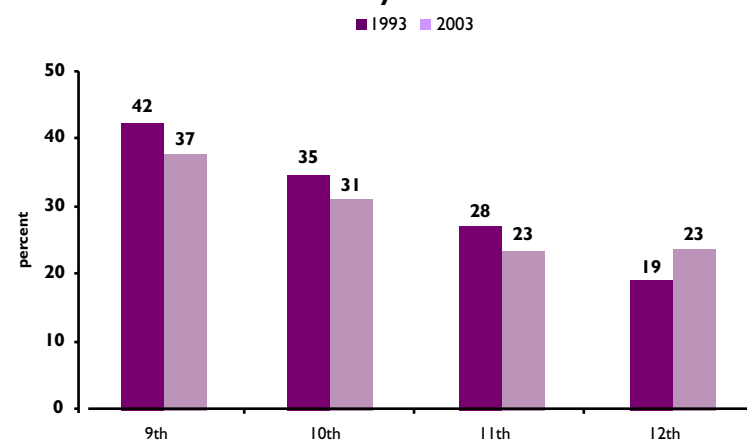
**Students who had their First Drink of Alcohol Before Age 13
TOTAL and by SEX**



**Students who had their First Drink of Alcohol Before Age 13
by RACE/ETHNICITY**



**Students who had their First Drink of Alcohol Before Age 13
by GRADE**

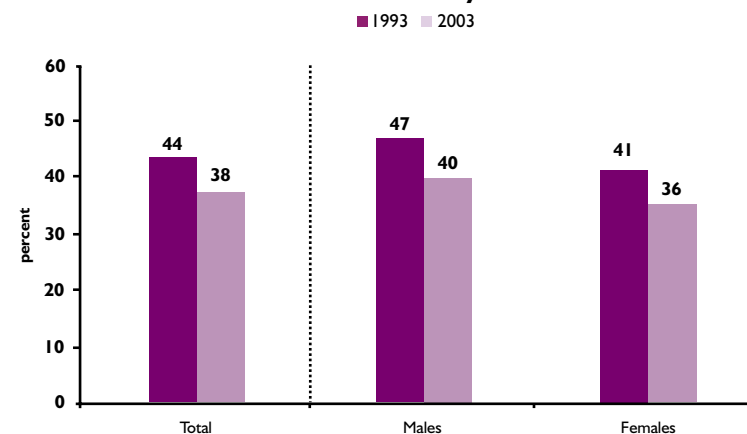


Current Alcohol Use

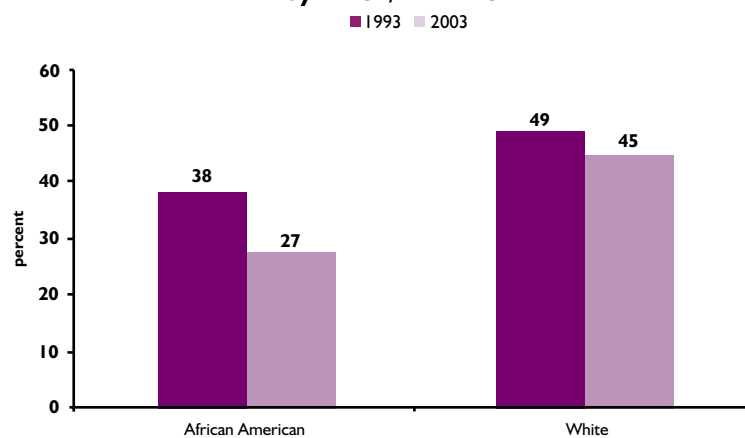
The percentage of students who had at least one drink of alcohol on one or more of the past 30 days.

- From 1993 to 2003, there were significant declines in the percentages of students who had at least one drink of alcohol on one or more of the past 30 days among:
 - African-American students: from 38% to 27%; and
 - 10th grade students: from 47% to 36%.

Students who had at Least One Drink of Alcohol on One or More of the Past 30 Days TOTAL and by SEX



Students who had at Least One Drink of Alcohol on One or More of the Past 30 Days by RACE/ETHNICITY



Students who had at Least One Drink of Alcohol on One or More of the Past 30 Days by GRADE



Binge Drinking

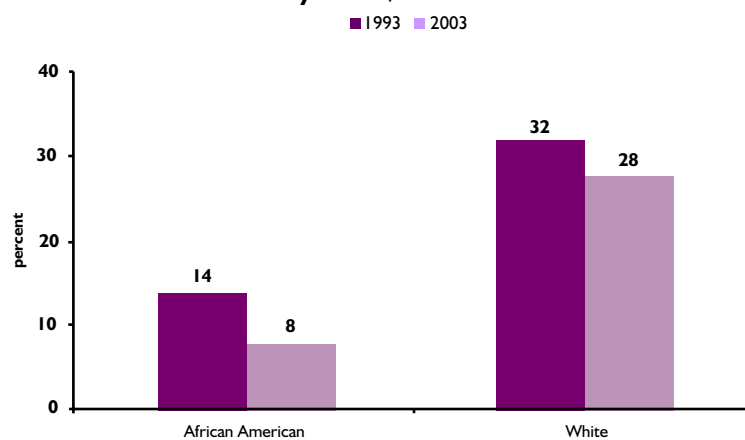
The percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

- From 1993 to 2003, there was a significant decrease in the percentage of students who had five or more drinks in a row on one or more of the past 30 days among:
 - 10th grade students: from 28% to 18%.

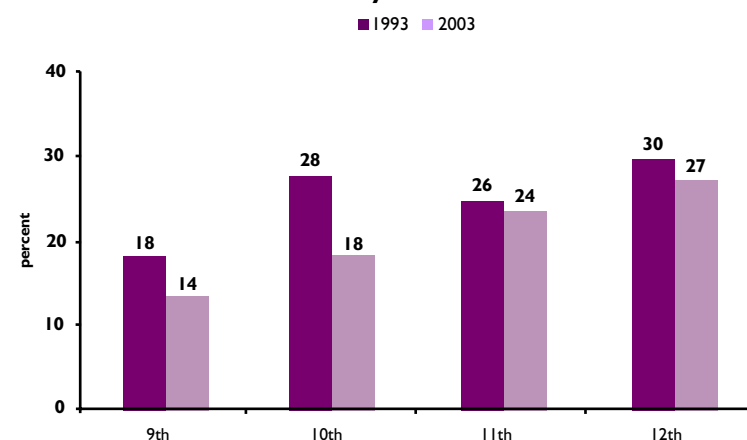
Students who had Five or More Drinks in a Row on One or More of the Past 30 Days TOTAL and by SEX



Students who had Five or More Drinks in a Row on One or More of the Past 30 Days by RACE/ETHNICITY



Students who had Five or More Drinks in a Row on One or More of the Past 30 Days by GRADE

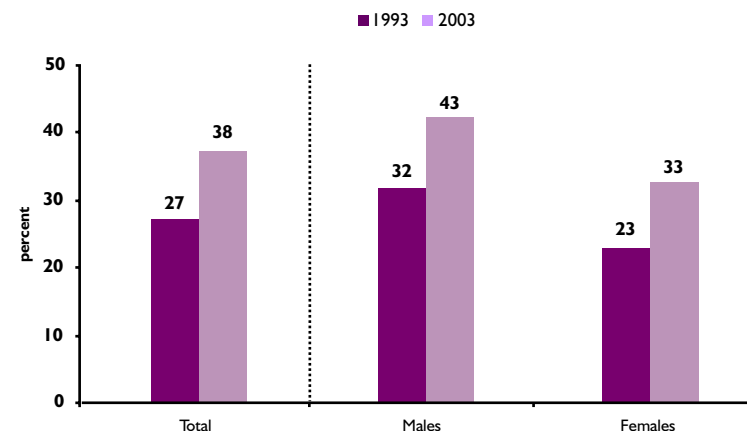


Lifetime Marijuana Use

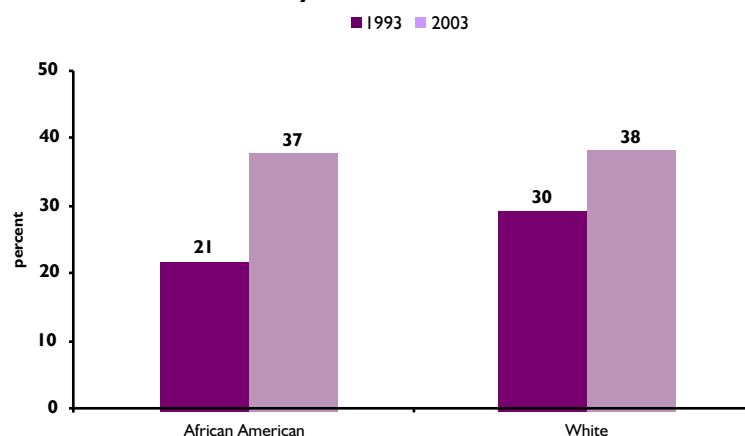
The percentage of students who used marijuana one or more times during their life.

- From 1993 to 2003, there were significant increases in the percentages of students who had used marijuana one or more times during their life among:
 - High school students overall: from 27% to 38%;
 - Male students: from 32% to 43%;
 - Female students: from 23% to 33%;
 - African-American students: from 21% to 37%;
 - 9th grade students: from 22% to 30%;
 - 11th grade students: from 29% to 43%; and
 - 12th grade students: from 34% to 49%.

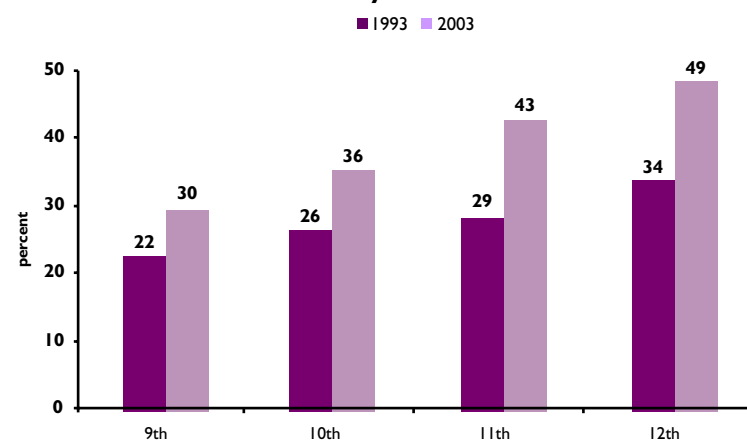
**Students who Used Marijuana One or More Times During Their Life
TOTAL and by SEX**



**Students who Used Marijuana One or More Times During Their Life
by RACE/ETHNICITY**



**Students who Used Marijuana One or More Times During Their Life
by GRADE**



Marijuana Use Before Age 13

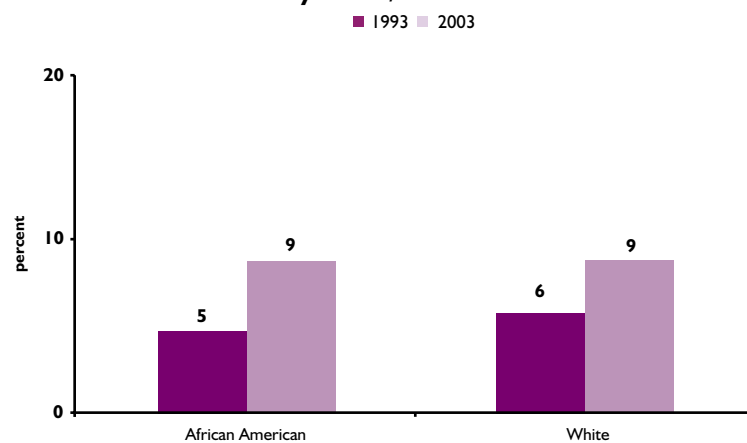
The percentage of students who tried marijuana for the first time before age 13.

- From 1993 to 2003, there was a significant increase in the percentage of students who tried marijuana for the first time before age 13 among:
 - Male students: from 8% to 14%.

**Students who Tried Marijuana for the First Time Before Age 13
TOTAL and by SEX**



**Students who Tried Marijuana for the First Time Before Age 13
by RACE/ETHNICITY**



**Students who Tried Marijuana for the First Time Before Age 13
by GRADE**



Current Marijuana Use

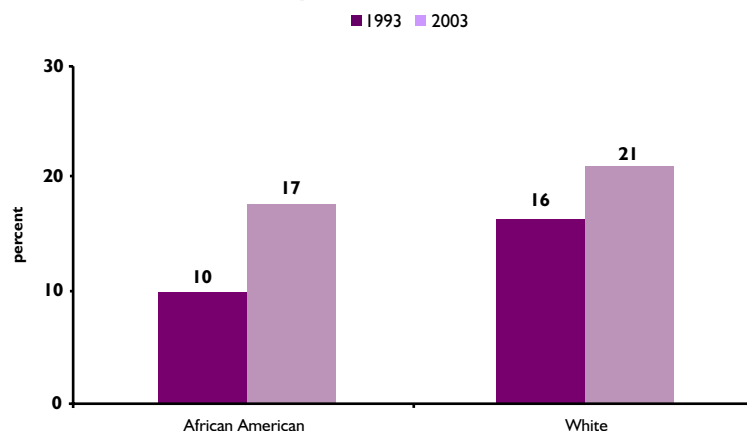
The percentage of students who used marijuana one or more times during the past 30 days.

- From 1993 to 2003, there were significant increases in the percentages of students who used marijuana one or more times during the past 30 days among:
 - High school students overall: from 14% to 20%;
 - Male students: from 17% to 24%; and
 - African-American students: from 10% to 17%.

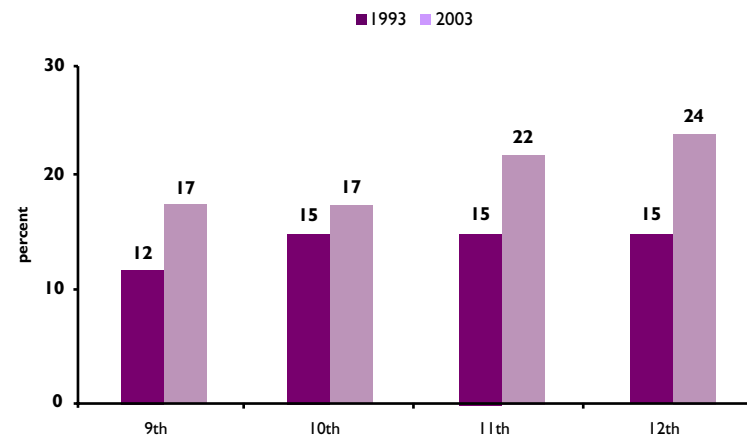
**Students who Used Marijuana One or More Times During the Past 30 Days
TOTAL and by SEX**



**Students who Used Marijuana One or More Times During the Past 30 Days
by RACE/ETHNICITY**



**Students who Used Marijuana One or More Times During the Past 30 Days
by GRADE**



Lifetime Cocaine Use

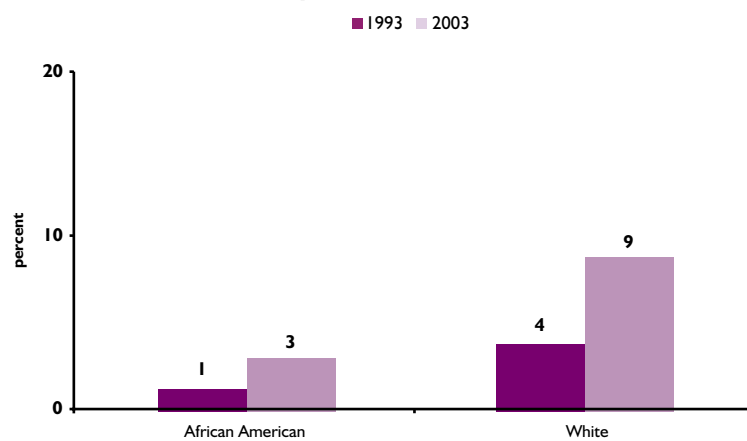
The percentage of students who used any form of cocaine, including powder, crack, or free-base one or more times during their life.

- From 1993 to 2003, there were significant increases in the percentages of students who had used any form of cocaine one or more times during their life among:
 - High school students overall: from 3% to 7%;
 - Male students: from 4% to 8%;
 - White students: from 4% to 9%;
 - 9th grade students: from 2% to 4%;
 - 11th grade students: from 2% to 8%; and
 - 12th grade students: from 4% to 12%.

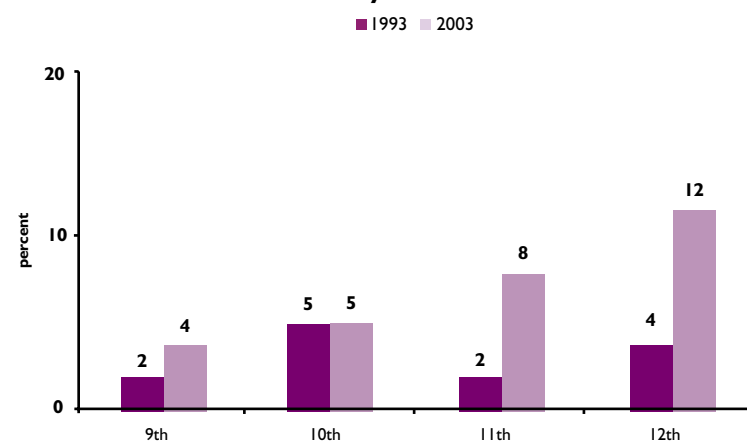
Students who Used Any Form of Cocaine During Their Life TOTAL and by SEX



Students who Used Any Form of Cocaine During Their Life by RACE/ETHNICITY



Students who Used Any Form of Cocaine During Their Life by GRADE



Current Cocaine Use

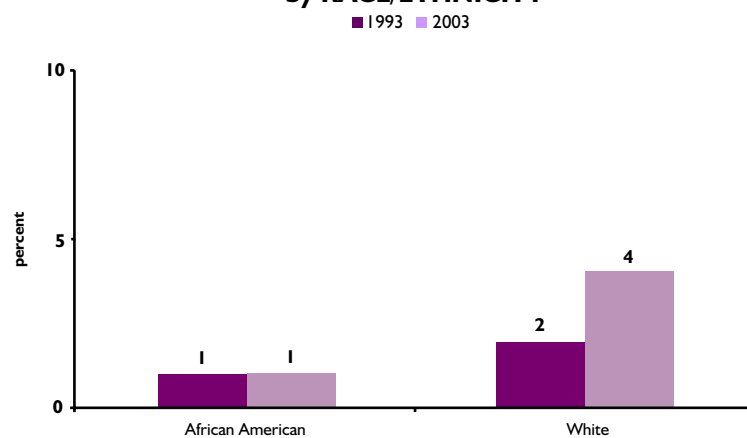
The percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.

- From 1993 to 2003, there was no significant change in the percentage of students who used any form of cocaine one or more times during the past 30 days, overall, by sex, by race/ethnicity, or by grade.

**Students who Used Any Form of Cocaine One or More Times During the Past 30 Days
TOTAL and by SEX**



**Students who Used Any Form of Cocaine One or More Times During the Past 30 Days
by RACE/ETHNICITY**



**Students who Used Any Form of Cocaine One or More Times During the Past 30 Days
by GRADE**

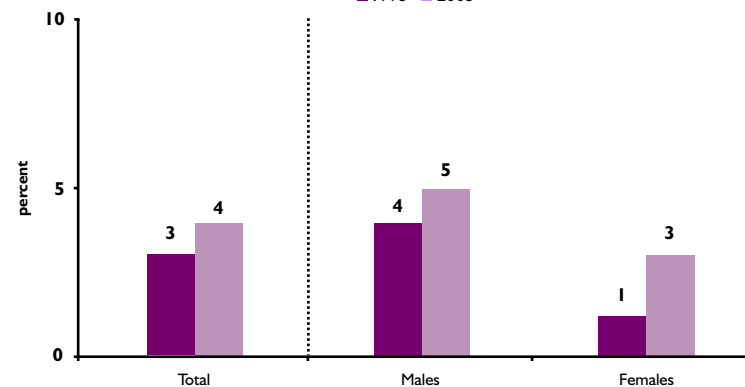


Lifetime Steroid Use

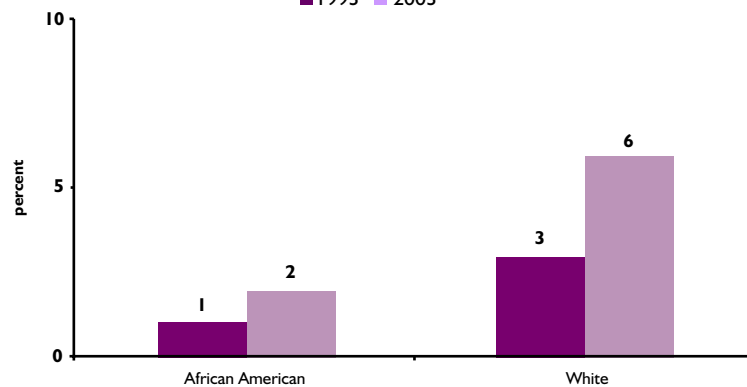
The percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.

- From 1993 to 2003, there was no significant change in the percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life, overall, by sex, by race/ethnicity, or by grade.

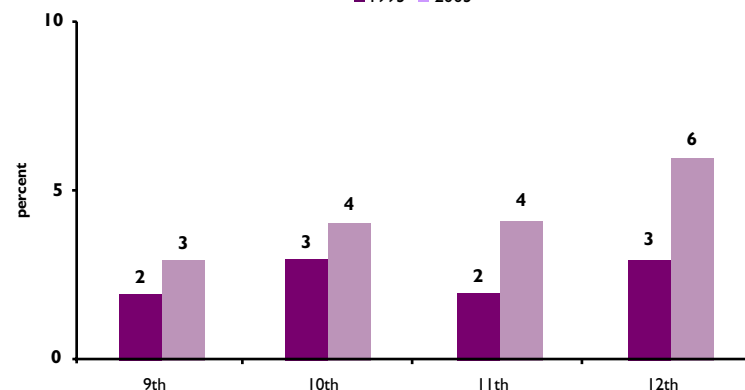
Students who Took Steroid Pills or Shots Without a Doctor's Prescription One or More Times During Their Life TOTAL and by SEX
■ 1993 ■ 2003



Students who Took Steroid Pills or Shots Without a Doctor's Prescription One or More Times During Their Life by RACE/ETHNICITY
■ 1993 ■ 2003



Students who Took Steroid Pills or Shots Without a Doctor's Prescription One or More Times During Their Life by GRADE
■ 1993 ■ 2003

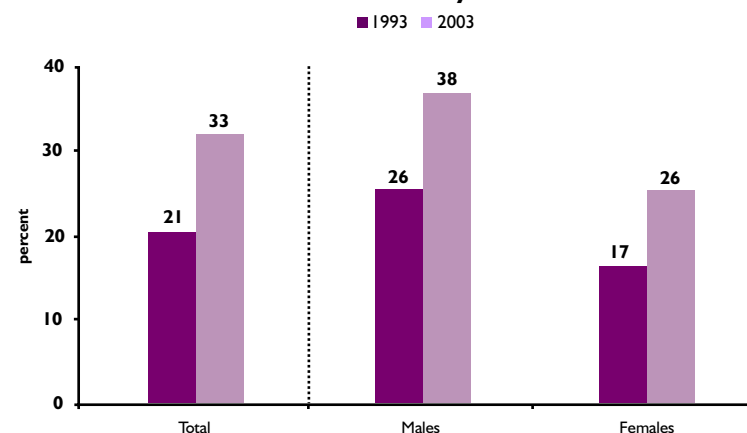


Acquisition of Illegal Drugs on School Property

The percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months.

- From 1993 to 2003, there were significant increases in the percentages of students who were offered, sold, or given an illegal drug on school property among:
 - High school students overall: from 21% to 33%;
 - Male students: from 26% to 38%;
 - Female students: from 17% to 28%;
 - African-American students: from 15% to 32%;
 - White students: from 24% to 33%;
 - 9th grade students: from 21% to 30%;
 - 11th grade students: from 20% to 33%; and
 - 12th grade students: from 16% to 33%.

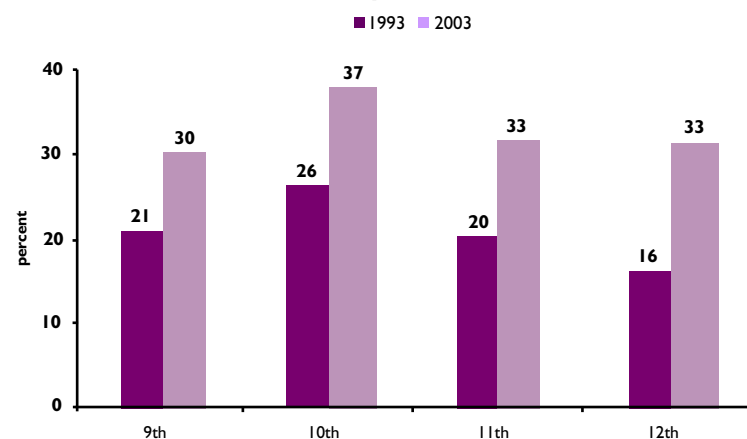
**Students who were Offered, Sold, or Given an Illegal Drug on School Property During the Past 12 Months
TOTAL and by SEX**



**Students who were Offered, Sold, or Given an Illegal Drug on School Property During the Past 12 Months
by RACE/ETHNICITY**



**Students who were Offered, Sold, or Given an Illegal Drug on School Property During the Past 12 Months
by GRADE**



Body Weight

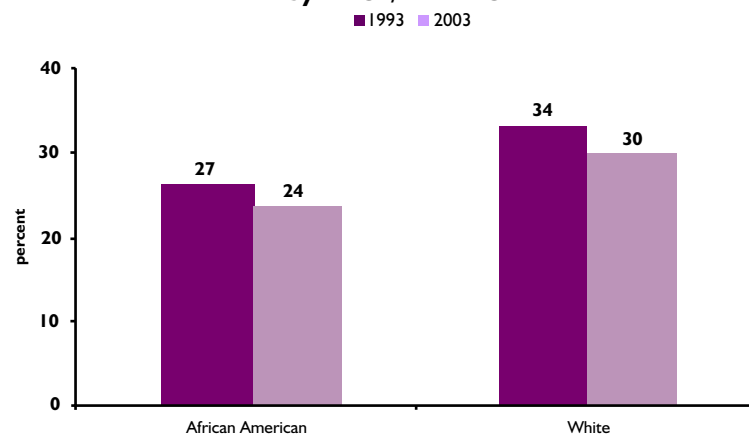
The percentage of students who describe themselves as slightly or very overweight.

- From 1993 to 2003, there were significant decreases in the percentages of students who describe themselves as slightly or very overweight among:
 - High school students overall: from 32% to 28%; and
 - Female students: from 40% to 33%.

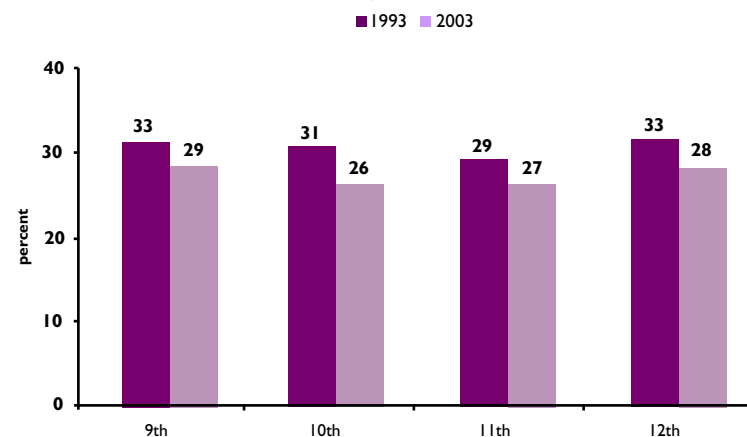
Students who Describe Themselves as Slightly or Very Overweight TOTAL and by SEX



Students who Describe Themselves as Slightly or Very Overweight by RACE/ETHNICITY



Students who Describe Themselves as Slightly or Very Overweight by GRADE

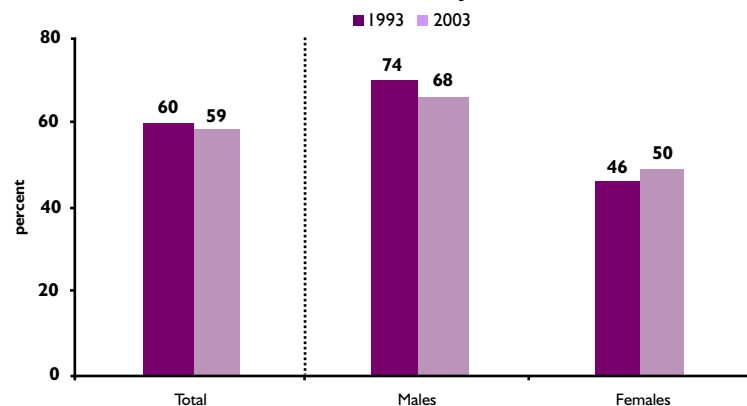


Vigorous Physical Activity

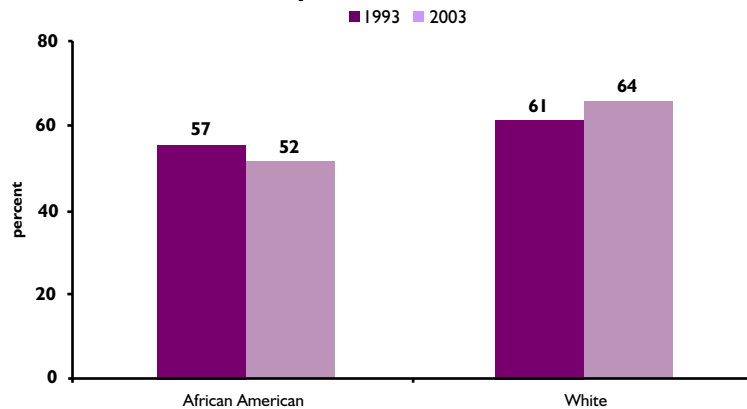
The percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days.

- From 1993 to 2003, there was no significant change in the percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days, overall, by sex, by race/ethnicity, or by grade.

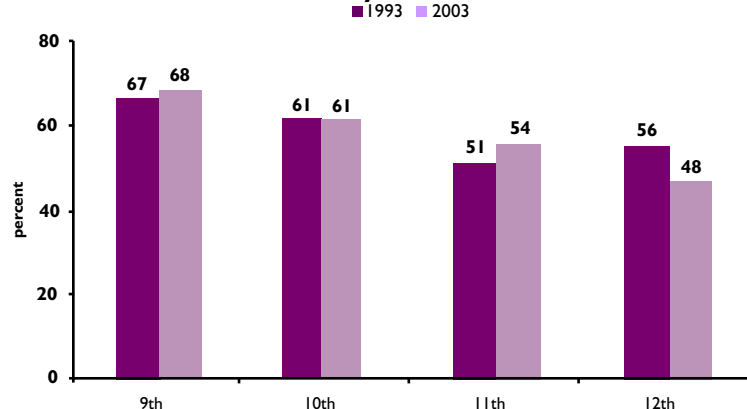
Students who Participated in Physical Activities for at Least 20 Minutes that Made them Sweat and Breathe Hard TOTAL and by SEX



Students who Participated in Physical Activities for at Least 20 Minutes that Made them Sweat and Breathe Hard by RACE/ETHNICITY



Students who Participated in Physical Activities for at Least 20 Minutes that Made them Sweat and Breathe Hard By GRADE

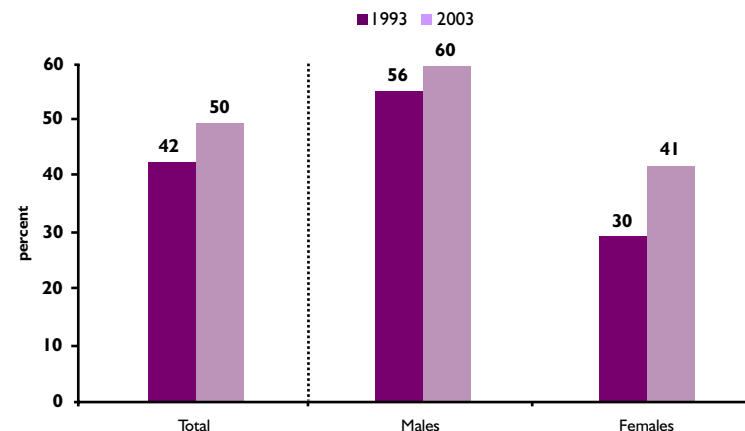


Physical Activity to Strengthen or Tone Muscles

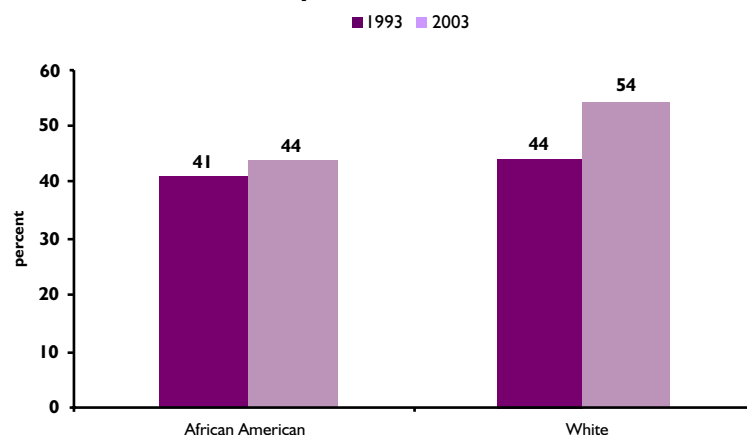
The percentage of students who did exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting on three or more of the past seven days.

- From 1993 to 2003, there were significant increases in the percentages of students who did exercises to strengthen or tone their muscles on three or more of the past seven days among:
 - Female students: from 30% to 41%;
 - White students: from 44% to 54%; and
 - 9th grade students: from 44% to 56%.

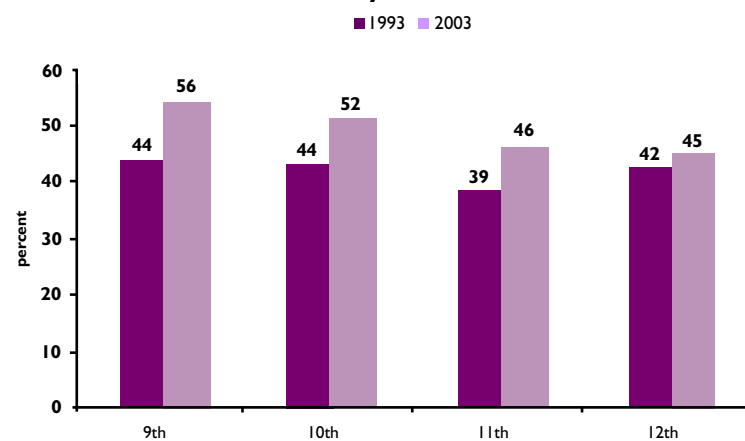
**Students who did Exercises to Strengthen or Tone their Muscles
TOTAL and by SEX**



**Students who did Exercises to Strengthen or Tone their Muscles
by RACE/ETHNICITY**



**Students who did Exercises to Strengthen or Tone their Muscles
by GRADE**

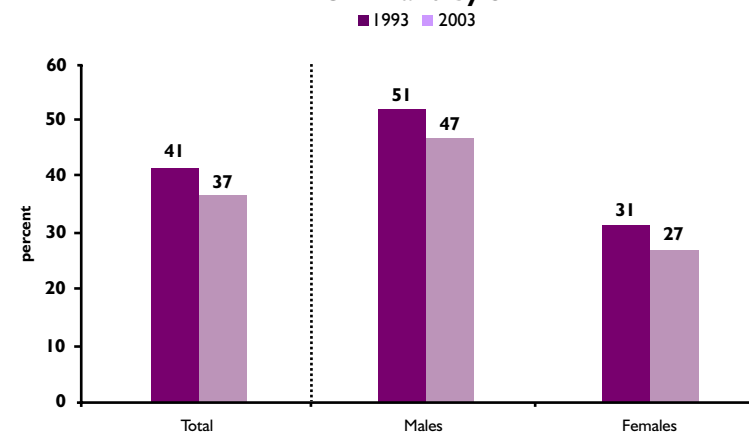


Physical Education Class Attendance

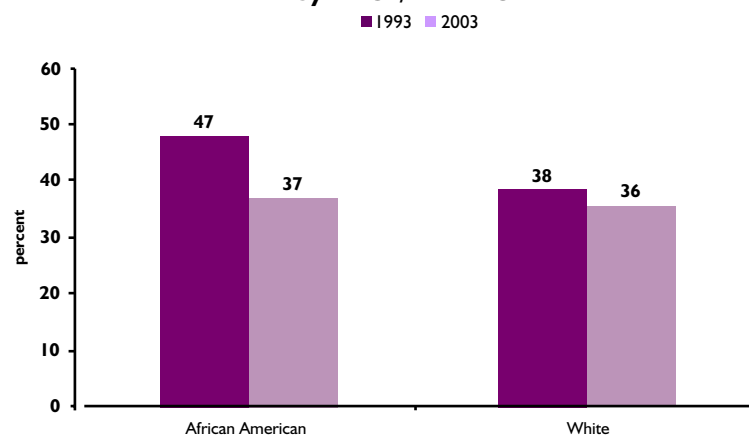
The percentage of students who attended physical education class one or more days during an average school week.

- From 1993 to 2003, there was no significant change in the percentage of students who attended physical education class one or more days during an average school week, overall, by sex, by race/ethnicity, or by grade.

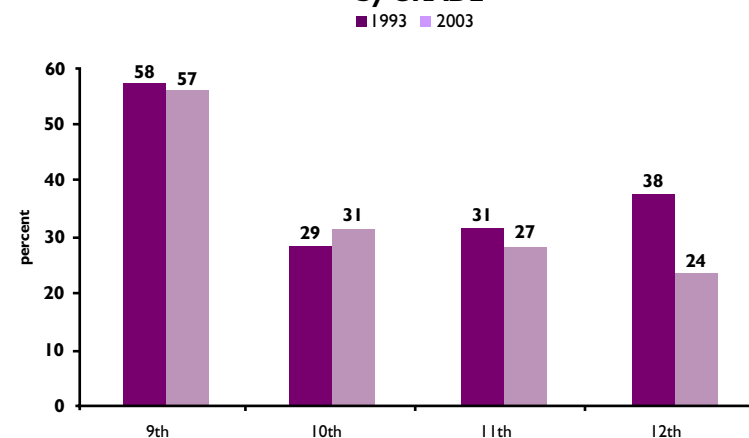
Students who Attended PE Class One or More Days During an Average School Week TOTAL and by SEX



Students who Attended PE Class One or More Days During an Average School Week by RACE/ETHNICITY



Students who Attended PE Class One or More Days During an Average School Week by GRADE

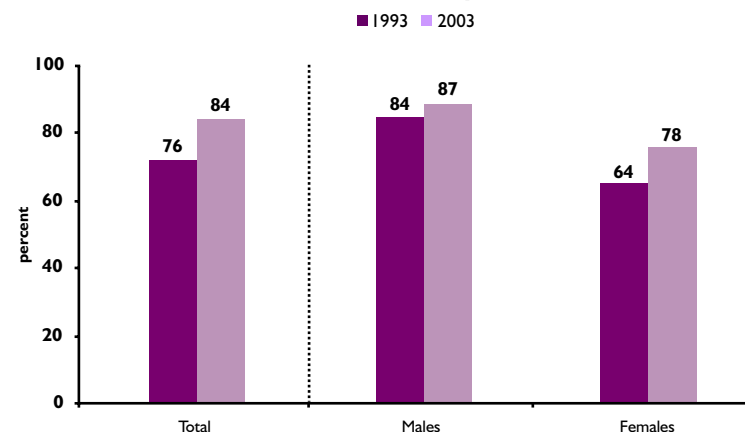


Time Spent Exercising in Physical Education Class

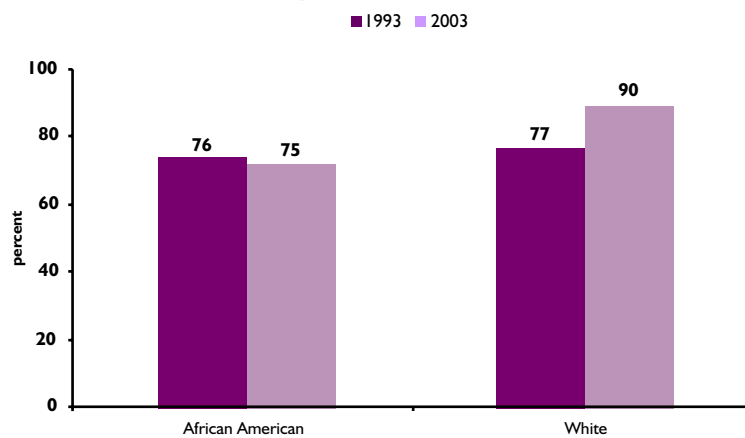
Of students enrolled in physical education class, the percentage who exercised or played sports more than 20 minutes during an average physical education class.

- From 1993 to 2003, there were significant increases in the percentages of students enrolled in physical education class who exercised or played sports for more than 20 minutes during an average physical education class among:
 - High school students overall: from 76% to 84%;
 - Female students: from 64% to 78%;
 - White students: from 77% to 90%; and
 - 9th grade students: from 74% to 84%.

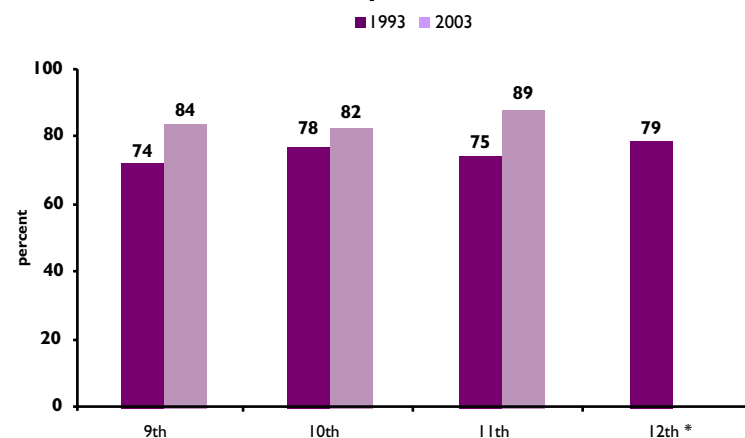
Students who Spent More than 20 Minutes Exercising in PE Class TOTAL and by SEX



Students who Spent More than 20 Minutes Exercising in PE Class by RACE/ETHNICITY



Students who Spent More than 20 Minutes Exercising in PE Class by GRADE



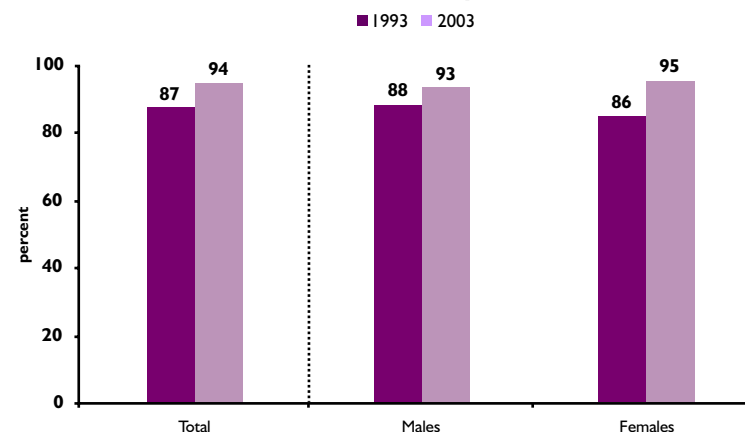
* Due to small N, 2003 data not shown

AIDS Education

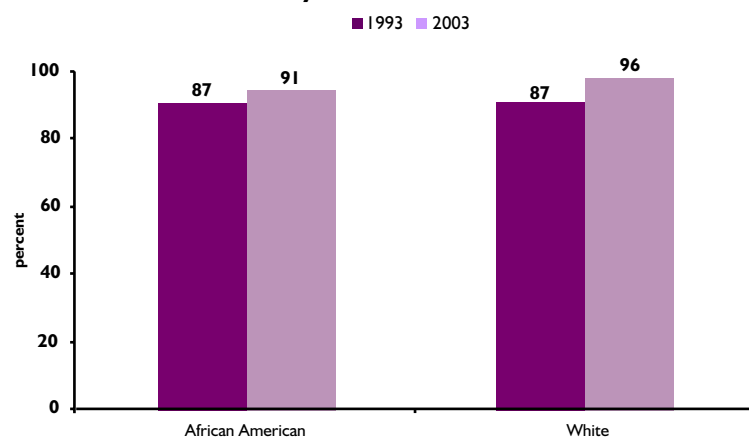
The percentage of students who had ever been taught about AIDS or HIV infection in school.

- From 1993 to 2003, there were significant increases in the percentages of students who were taught about AIDS or HIV infection in school among:
 - High school students overall: from 87% to 94%;
 - Female students: from 86% to 95%;
 - White students: from 87% to 96%;
 - 9th grade students: from 89% to 94%; and
 - 11th grade students: from 83% to 96%.

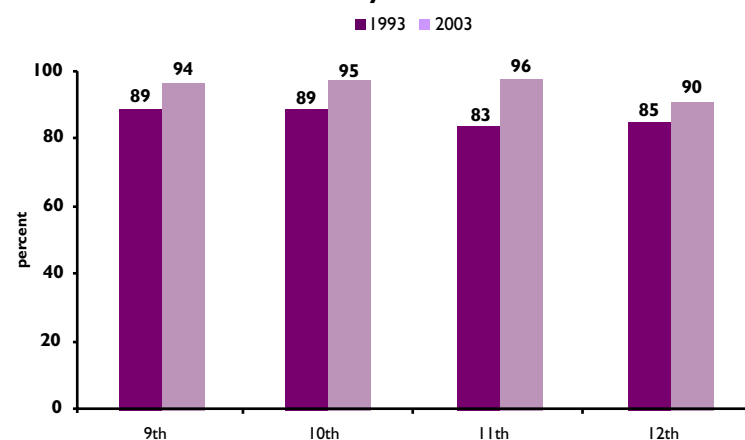
Students who were Taught about AIDS or HIV Infection in School TOTAL and by SEX



Students who were Taught about AIDS or HIV Infection in School by RACE/ETHNICITY



Students who were Taught about AIDS or HIV Infection in School by GRADE



Methods

The purpose of the 1993 Youth Risk Behaviors Survey (YRBS) and 2003 Georgia Student Health Surveys (GSHS) was to gather data on behaviors among youth related to the leading causes of mortality and morbidity.

Questionnaire Development

Self-administered, anonymous questionnaires were used. Both the 1993 and 2003 questionnaires were modeled after the core Youth Risk Behavior Survey (YRBS), developed by the Centers for Disease Control and Prevention (CDC). The 1993 questionnaire consisted of 84 items and covered six topics from the YRBS: 1) behaviors that result in unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; 5) dietary behaviors; and 6) physical activity. The 2003 questionnaire consisted of 94 items and covered five topics from the YRBS: 1) behaviors that result in unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) dietary behaviors; and 5) physical activity. No questions about sexual behavior were included in the 2003 GSHS, but questions about asthma, food allergies, diabetes, and gambling were added to the 2003 questionnaire.

Sampling

Sample Design

The 1993 and 2003 high school samples were selected with an objective of having 95% confidence limits of approximately $\pm 5\%$ around key variables. The sampling frame consisted of all regular public schools containing students enrolled in grades 9-12. A two-stage cluster sample design was used to produce a representative sample of high school students in grades 9-12. The sampling program PC-Sample was used to draw the samples in 1993 and 2003.

Sampling Procedures

School Level - The first-stage sampling frame consisted of all public schools containing any of grades 9-12. Schools were selected with probability proportional to school enrollment size (PPS). Thirty-seven high schools were sampled in 1993 and 50 high schools were sampled in 2003.

Class Level - The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each high school that participated in the survey. All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame.

Student Level - All students in a selected class were eligible to participate in the survey. Student make-ups were also conducted.

Methods (cont'd)

Data Collection

Surveys were administered in the spring of 1993 and 2003.

Weighting

A weight variable was calculated for each student record to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

W1 = the inverse of the probability of selecting the school

W2 = the inverse of the probability of selecting the classroom within the school

f1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools.

f2 = a student-level non-response adjustment factor calculated by class

f3 = a post stratification adjustment factor calculated by gender within grade and by race/ethnicity

Methods (cont'd)

Table 1 outlines the GSHS response rates for 1993 and 2003.

Table 1 – 1993 and 2003 GSHS Response Rates

	School			Student			Overall
	Selected	Participated	Response Rate (%)	Selected	Participated	Response Rate (%)	Response Rate (%)
1993	37	29	78%	1,977	1,621	82%	64%
2003	50	48	96%	2,209	2,066	94%	90%

Statistical Significance

SUDAAN was used to compute 95% confidence intervals, which were used to determine the differences between subgroups at the $p < 0.05$ level. Difference between prevalence estimates were considered statistically significant if the 95% confidence intervals did not overlap.

Appendix A: Survey Questions

1. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
2. How often do you wear a seat belt when riding in a car driven by someone else?
3. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
4. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
5. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?
6. During the past 30 days, on how many days did you carry a gun?
7. During the past 12 months, how many times were you in a physical fight?
8. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
9. During the past 12 months, how many times were you in a physical fight on school property?
10. During the past 12 months, did you ever seriously consider attempting suicide?
11. During the past 12 months, did you make a plan about how you would attempt suicide?
12. During the past 12 months, how many times did you actually attempt suicide?
13. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
14. How old were you when you smoked a whole cigarette for the first time?
15. During the past 30 days, on how many days did you smoke cigarettes?
16. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
(Note 1993 survey question asked: During the past 30 days, did you use chewing tobacco such as Redman, Levi Garrett, or Beechnut, or snuff, such as Skoal, Skoal Bandits, or Copenhagen?)
17. During your life, on how many days have you had at least one drink of alcohol?
18. How old were you when you had your first drink of alcohol other than a few sips?
19. During the past 30 days, on how many days did you have at least one drink of alcohol?
20. During the past 30 days, on how many days did you have five or more drinks in a row, that is, within a couple of hours?

Appendix A: Survey Questions (cont'd)

21. During your life, how many times have you used marijuana?
22. How old were you when you tried marijuana for the first time?
23. During the past 30 days, how many times did you use marijuana?
24. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?
25. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?
26. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?
27. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
28. How do you describe your weight?
29. On how many of the past seven days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
30. On how many of the past seven days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
31. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
32. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
33. Have you ever been taught about AIDS or HIV infection in school?

Appendix B: Detailed Data Tables

Table 1: Personal Safety

	Variable	Never or Rarely Wore a Bicycle Helmet % (95% CI)	Never or Rarely Wore a Seat Belt % (95% CI)	Rode in a Vehicle Driven by Someone who had been Drinking Alcohol % (95% CI)	Drove a Vehicle when they had been Drinking Alcohol % (95% CI)
1993	Total	97.0 (±1.5)	25.7 (±4.7)	35.6 (±3.5)	13.2 (±3.2)
	Males	97.3 (±2.0)	30.9 (±6.9)	37.1 (±5.7)	17.4 (±4.5)
	Females	96.7 (±1.7)	20.7 (±3.2)	34.3 (±4.1)	9.1 (±3.0)
	African Americans	97.6 (±2.0)	27.5 (±4.9)	38.7 (±6.4)	8.4 (±3.1)
	Whites	97.4 (±1.9)	24.0 (±6.4)	34.0 (±3.7)	16.6 (±3.4)
	9th Graders	95.8 (±2.7)	30.6 (±5.8)	33.3 (±5.0)	7.9 (±3.3)
	10th Graders	97.4 (±1.9)	23.1 (±6.3)	34.6 (±6.1)	10.1 (±4.6)
	11th Graders	98.6 (±2.1)	21.7 (±10.4)	33.6 (±5.3)	14.2 (±3.3)
	12th Graders	97.2 (±2.1)	25.3 (±5.1)	41.8 (±8.2)	22.9 (±7.0)
2003	Total	85.9 (±2.5)*	9.4 (±1.6)*	24.0 (±2.9)*	8.3 (±2.4)
	Males	87.5 (±3.2)*	11.6 (±2.6)*	24.4 (±3.4)*	10.4 (±2.4)*
	Females	83.6 (±3.2)*	7.1 (±1.6)*	23.5 (±3.7)*	6.3 (±2.7)
	African Americans	92.8 (±3.3)	8.9 (±1.9)*	23.2 (±3.2)*	4.4 (±1.9)
	Whites	81.1 (±3.6)*	9.0 (±2.5)*	23.6 (±3.5)*	10.7 (±3.2)
	9th Graders	81.0 (±5.4)*	7.7 (±2.7)*	22.4 (±4.2)*	4.3 (±1.5)
	10th Graders	88.4 (±3.1)*	10.1 (±3.4)*	24.7 (±5.4)	7.8 (±2.7)
	11th Graders	90.9 (±4.1)*	9.1 (±3.9)	23.4 (±5.0)	9.4 (±4.3)
	12th Graders	88.1 (±6.4)*	10.7 (±4.3)*	25.5 (±6.6)*	13.5 (±4.6)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 2: Violence

	Variable	Weapon Carrying % (95% CI)	Gun Carrying % (95% CI)	Physical Fighting % (95% CI)	Injuries from Physical Fighting % (95% CI)	Physical Fighting on School Property % (95% CI)
1993	Total	27.7 (±3.3)	10.7 (±2.1)	40.8 (±3.4)	3.9 (±1.1)	16.0 (±2.9)
	Males	43.0 (±7.2)	18.0 (±4.1)	45.0 (±3.7)	5.2 (±1.8)	19.7 (±3.8)
	Females	12.9 (±3.9)	3.7 (±1.1)	36.9 (±4.1)	2.6 (±1.1)	12.4 (±3.9)
	African Americans	25.1 (±4.1)	12.3 (±3.3)	43.9 (±6.3)	3.3 (±1.6)	19.1 (±3.6)
	Whites	28.6 (±4.0)	8.8 (±2.6)	38.8 (±4.5)	3.8 (±1.5)	13.5 (±3.7)
	9th Graders	30.0 (±4.6)	11.6 (±2.9)	48.7 (±8.6)	3.7 (±2.2)	21.6 (±5.8)
	10th Graders	29.7 (±7.1)	9.3 (±4.3)	40.3 (±4.5)	4.7 (±2.6)	17.5 (±5.2)
	11th Graders	24.0 (±6.5)	10.7 (±3.6)	34.9 (±7.5)	2.7 (±1.8)	10.8 (±4.2)
	12th Graders	24.8 (±4.9)	10.9 (±4.9)	35.2 (±7.6)	4.5 (±2.3)	10.5 (±2.9)
2003	Total	18.7 (±2.3)*	6.8 (±1.6)*	31.4 (±2.4)*	3.2 (±0.7)	11.1 (±1.5)*
	Males	31.4 (±4.2)*	11.3 (±2.5)*	40.3 (±3.6)	4.8 (±1.3)	14.5 (±2.9)
	Females	6.2 (±1.6)*	2.2 (±0.9)	22.4 (±3.3)*	1.6 (±0.8)	7.6 (±1.9)
	African Americans	13.2 (±3.7)*	6.5 (±2.5)	33.3 (±4.3)	3.7 (±1.3)	11.7 (±2.7)*
	Whites	22.0 (±2.4)*	6.7 (±1.6)	29.4 (±3.2)*	2.5 (±1.0)	9.6 (±2.4)
	9th Graders	20.5 (±3.7)*	7.3 (±2.5)	33.6 (±4.9)*	3.0 (±1.3)	13.7 (±3.0)
	10th Graders	18.7 (±4.6)	6.6 (±2.6)	34.1 (±3.7)	3.6 (±1.9)	11.6 (±2.9)
	11th Graders	17.0 (±4.2)	5.0 (±2.6)	28.8 (±5.1)	3.2 (±1.5)	9.9 (±2.8)
	12th Graders	17.4 (±3.6)	7.4 (±3.0)	26.3 (±5.5)	2.4 (±1.7)	6.6 (±2.4)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 3: Suicide

	Variable	Seriously Considered Suicide % (95% CI)	Made a Plan for Suicide % (95% CI)	Attempted Suicide % (95% CI)	Injuries from Suicide Attempt % (95% CI)
1993	Total	23.9 (±3.1)	19.3 (±2.5)	11.4 (±1.8)	3.2 (±0.7)
	Males	17.6 (±4.4)	13.8 (±3.4)	7.4 (±1.6)	1.3 (±0.9)
	Females	30.1 (±3.8)	24.6 (±3.3)	15.3 (±3.3)	5.0 (±1.9)
	African Americans	18.3 (±3.1)	15.9 (±3.7)	10.8 (±3.5)	2.2 (±1.3)
	Whites	26.2 (±4.3)	20.2 (±3.3)	11.3 (±2.8)	3.2 (±1.1)
	9th Graders	25.3 (±2.4)	19.6 (±3.3)	14.3 (±2.9)	3.8 (±1.2)
	10th Graders	26.1 (±5.9)	24.3 (±5.8)	11.9 (±4.7)	3.7 (±2.0)
	11th Graders	19.1 (±6.0)	14.1 (±4.0)	9.1 (±2.5)	1.8 (±1.8)
	12th Graders	23.4 (±4.2)	17.0 (±3.9)	8.0 (±2.3)	2.5 (±1.6)
2003	Total	16.4 (±1.7)*	13.0 (±1.9)*	8.5 (±1.0)*	3.0 (±0.6)
	Males	13.1 (±2.2)	11.4 (±2.1)	8.2 (±1.7)	3.0 (±1.3)
	Females	19.8 (±2.8)*	14.5 (±2.6)*	8.7 (±1.9)*	3.0 (±1.1)
	African Americans	15.7 (±3.1)	13.9 (±2.9)	10.0 (±2.6)	4.1 (±1.2)
	Whites	16.7 (±2.7)*	12.2 (±2.8)*	7.4 (±1.5)	2.4 (±0.8)
	9th Graders	16.8 (±2.1)*	13.2 (±3.0)*	9.8 (±2.0)	2.7 (±1.4)
	10th Graders	18.2 (±3.5)	12.7 (±3.4)*	8.9 (±2.8)	3.1 (±1.6)
	11th Graders	15.2 (±4.7)	13.9 (±3.8)	6.5 (±1.9)	2.5 (±1.3)
	12th Graders	14.2 (±3.9)*	11.2 (±3.9)	7.4 (±3.2)	3.6 (±1.7)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 4: Tobacco

	Variable	Cigarettes Use Before Age 13 % (95% CI)	Current Cigarette Use % (95% CI)	Current Chewing Tobacco Use % (95% CI)
1993	Total	26.7 (±3.2)	24.3 (±5.0)	9.6 (±2.6)
	Males	28.9 (±2.9)	24.7 (±4.7)	17.6 (±4.3)
	Females	24.6 (±4.8)	24.0 (±6.1)	1.8 (±1.5)
	African Americans	20.5 (±3.7)	9.6 (±3.3)	2.7 (±2.3)
	Whites	30.6 (±3.3)	33.0 (±8.0)	13.7 (±2.5)
	9th Graders	28.8 (±5.1)	22.2 (±3.9)	8.1 (±3.0)
	10th Graders	27.4 (±4.4)	23.5 (±7.3)	8.7 (±4.2)
	11th Graders	27.0 (±6.1)	29.2 (±8.7)	9.2 (±3.7)
	12th Graders	22.2 (±4.3)	22.0 (±7.6)	12.5 (±2.9)
2003	Total	18.9 (±2.5)*	20.9 (±2.5)	7.6 (±1.5)
	Males	22.2 (±3.0)*	23.2 (±3.1)	13.9 (±2.9)
	Females	15.6 (±2.7)*	18.7 (±3.6)	1.3 (±0.7)
	African Americans	14.5 (±3.0)	8.9 (±2.7)	1.9 (±1.2)
	Whites	21.4 (±3.7)*	28.5 (±2.8)	11.5 (±2.6)
	9th Graders	18.4 (±3.3)*	17.9 (±3.1)	6.6 (±1.5)
	10th Graders	19.6 (±3.4)	18.6 (±4.1)	6.2 (±2.8)
	11th Graders	18.8 (±5.8)	25.2 (±5.4)	7.1 (±3.8)
	12th Graders	18.5 (±4.9)	23.4 (±6.0)	10.7 (±3.3)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 5: Alcohol

	Variable	Lifetime Alcohol Use % (95% CI)	Alcohol Use Before Age 13 % (95% CI)	Current Alcohol Use % (95% CI)	Binge Drinking % (95% CI)
1993	Total	75.5 (±3.4)	32.4 (±3.8)	44.1 (±4.8)	24.8 (±4.6)
	Males	77.7 (±3.2)	37.4 (±4.2)	47.1 (±4.5)	29.1 (±7.0)
	Females	73.5 (±4.2)	27.5 (±4.3)	41.3 (±7.4)	20.7 (±5.3)
	African Americans	73.4 (±4.5)	30.3 (±5.3)	38.0 (±3.9)	14.3 (±5.1)
	Whites	77.5 (±3.8)	32.8 (±4.4)	48.8 (±5.7)	31.9 (±4.0)
	9th Graders	71.3 (±4.4)	41.6 (±5.7)	37.8 (±4.0)	17.6 (±3.9)
	10th Graders	77.7 (±3.7)	35.3 (±5.0)	47.4 (±6.2)	28.1 (±5.2)
	11th Graders	74.4 (±6.9)	27.6 (±9.9)	42.8 (±6.8)	26.4 (±7.6)
	12th Graders	79.9 (±5.6)	19.4 (±4.3)	50.5 (±8.2)	29.5 (±7.5)
2003	Total	72.2 (±2.4)	29.5 (±3.3)	37.7 (±2.8)	19.8 (±2.7)
	Males	73.5 (±3.5)	34.5 (±4.0)	39.5 (±3.9)	23.2 (±3.6)
	Females	70.9 (±3.4)	24.4 (±3.7)	36.0 (±3.9)	16.4 (±3.2)
	African Americans	66.0 (±2.9)	31.7 (±4.6)	26.9 (±3.0)*	8.2 (±2.3)
	Whites	76.3 (±3.8)	27.2 (±4.6)	44.6 (±3.1)	27.5 (±3.0)
	9th Graders	63.1 (±3.7)*	37.3 (±5.9)	32.3 (±3.2)	14.2 (±2.1)
	10th Graders	72.0 (±5.8)	30.8 (±4.7)	36.4 (±4.1)*	17.7 (±4.2)*
	11th Graders	80.0 (±3.5)	22.8 (±4.4)	41.8 (±6.6)	23.7 (±4.9)
	12th Graders	78.2 (±4.5)	22.9 (±4.8)	43.6 (±5.6)	26.7 (±7.0)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 6: Marijuana

	Variable	Lifetime Marijuana Use % (95% CI)	Marijuana Use Before Age 13 % (95% CI)	Current Marijuana Use % (95% CI)
1993	Total	27.0 (±3.5)	6.3 (±1.7)	14.0 (±3.6)
	Males	31.7 (±3.9)	7.6 (±2.7)	17.0 (±3.6)
	Females	22.5 (±4.9)	5.1 (±1.6)	11.2 (±4.2)
	African Americans	20.5 (±3.5)	5.1 (±2.7)	9.8 (±3.1)
	Whites	29.8 (±4.7)	6.2 (±2.0)	15.9 (±5.6)
	9th Graders	22.1 (±3.5)	6.5 (±4.0)	11.6 (±3.5)
	10th Graders	26.0 (±6.4)	7.3 (±3.9)	15.0 (±5.5)
	11th Graders	28.5 (±8.2)	5.1 (±3.0)	15.3 (±8.9)
	12th Graders	33.8 (±7.5)	5.7 (±2.3)	14.5 (±5.5)
2003	Total	38.1 (±2.4)*	9.3 (±1.4)	19.5 (±1.9)*
	Males	43.1 (±2.9)*	13.6 (±2.2)*	23.7 (±2.7)*
	Females	33.1 (±3.7)*	4.9 (±1.3)	15.4 (±2.8)
	African Americans	37.3 (±3.5)*	9.4 (±2.4)	17.3 (±2.4)*
	Whites	38.1 (±3.9)	9.0 (±2.1)	21.0 (±2.7)
	9th Graders	29.7 (±3.8)*	11.4 (±3.1)	17.1 (±2.7)
	10th Graders	35.7 (±4.3)	8.3 (±2.4)	17.1 (±2.1)
	11th Graders	42.7 (±5.6)*	7.1 (±2.2)	21.9 (±4.7)
	12th Graders	48.9 (±5.8)*	8.9 (±3.5)	23.6 (±4.1)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 7: Other Drugs

	Variable	Lifetime Cocaine Use % (95% CI)	Current Cocaine Use % (95% CI)	Lifetime Steroid Use % (95% CI)	Acquisition of Illegal Drugs on School Property % (95% CI)
1993	Total	3.2 (±1.4)	1.6 (±0.9)	2.6 (±0.9)	21.2 (±4.3)
	Males	3.8 (±2.0)	1.8 (±1.4)	3.8 (±1.7)	25.9 (±5.2)
	Females	2.5 (±1.6)	1.3 (±1.2)	1.4 (±0.9)	16.6 (±4.1)
	African Americans	0.8 (±0.7)	0.5 (±0.5)	1.2 (±1.3)	14.9 (±3.0)
	Whites	3.8 (±1.7)	1.9 (±1.2)	3.4 (±1.1)	23.6 (±6.2)
	9th Graders	1.8 (±1.2)	0.9 (±0.8)	2.1 (±1.0)	20.8 (±4.0)
	10th Graders	4.9 (±2.7)	2.4 (±2.0)	3.3 (±1.9)	25.9 (±7.0)
	11th Graders	2.1 (±2.0)	1.3 (±1.4)	1.8 (±1.6)	20.2 (±6.6)
	12th Graders	4.3 (±1.7)	1.8 (±1.5)	3.3 (±1.9)	16.3 (±4.8)
2003	Total	7.1 (±1.4)*	3.1 (±1.2)	4.4 (±1.0)	33.3 (±2.0)*
	Males	7.8 (±1.5)*	3.7 (±1.4)	5.4 (±1.4)	38.4 (±3.2)*
	Females	6.3 (±2.4)	2.5 (±1.7)	3.4 (±1.1)	28.3 (±3.0)*
	African Americans	2.6 (±1.2)	1.4 (±0.9)	2.1 (±0.9)	31.9 (±3.5)*
	Whites	9.3 (±2.8)*	4.0 (±2.0)	5.6 (±1.6)	32.9 (±2.1)*
	9th Graders	4.4 (±1.3)*	1.9 (±1.1)	3.1 (±1.2)	30.3 (±3.2)*
	10th Graders	5.4 (±1.9)	2.7 (±1.4)	4.3 (±1.4)	36.7 (±4.2)
	11th Graders	8.2 (±3.2)*	3.1 (±2.8)	4.2 (±1.8)	33.4 (±4.4)*
	12th Graders	12.1 (±3.3)*	5.2 (±2.9)	6.3 (±3.0)	33.1 (±5.5)*

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 8: Body Weight and Physical Activity

	Variable	Describe Themselves as Slightly or Very Overweight % (95% CI)	Engaged in Vigorous Physical Activity % (95% CI)	Engaged in Physical Activity to Strengthen or Tone Muscles % (95% CI)
1993	Total	31.7 (±1.8)	59.5 (±5.6)	42.4 (±4.9)
	Males	22.9 (±1.8)	73.6 (±5.9)	55.6 (±5.3)
	Females	40.3 (±3.3)	45.8 (±5.5)	29.6 (±5.8)
	African Americans	27.2 (±2.5)	57.0 (±7.5)	41.0 (±5.5)
	Whites	34.4 (±2.7)	61.1 (±5.9)	43.6 (±5.6)
	9th Graders	32.7 (±5.5)	66.5 (±4.2)	44.0 (±5.3)
	10th Graders	31.4 (±4.2)	60.6 (±5.3)	43.7 (±4.2)
	11th Graders	28.9 (±6.7)	50.7 (±13.8)	39.4 (±10.2)
	12th Graders	33.1 (±4.9)	56.3 (±8.0)	41.5 (±8.8)
2003	Total	27.7 (±1.9)*	59.0 (±3.1)	50.3 (±3.3)
	Males	22.4 (±2.1)	67.9 (±3.0)	59.6 (±3.6)
	Females	33.1 (±3.1)*	50.0 (±4.1)	41.0 (±3.8)*
	African Americans	23.6 (±3.2)	52.3 (±3.3)	44.1 (±4.1)
	Whites	29.7 (±2.5)	63.6 (±3.4)	54.0 (±3.9)*
	9th Graders	28.7 (±3.4)	67.8 (±4.1)	55.6 (±5.2)*
	10th Graders	26.1 (±3.8)	60.7 (±4.2)	51.7 (±4.7)
	11th Graders	27.4 (±4.6)	54.1 (±4.8)	46.0 (±5.1)
	12th Graders	28.4 (±5.6)	48.2 (±5.3)	45.2 (±6.0)

* indicates change from 1993 to 2003 was statistically significant.

Appendix B: Detailed Data Tables (cont'd)

Table 9: Physical Activity (contd.) and AIDS Education

	Variable	Attend PE Class One or More Days per Week % (95% CI)	Exercise or Play Sports for at Least 20 Minutes in PE Class % (95% CI)	Taught About AIDS or HIV Infection in School % (95% CI)
1993	Total	40.7 (±5.9)	75.8 (±3.9)	86.8 (±1.9)
	Males	50.8 (±7.1)	83.8 (±3.7)	87.9 (±2.9)
	Females	30.8 (±5.8)	63.9 (±5.9)	85.6 (±2.8)
	African Americans	46.6 (±8.3)	75.7 (±5.9)	86.7 (±2.8)
	Whites	37.5 (±6.9)	77.0 (±5.4)	87.1 (±3.4)
	9th Graders	57.8 (±9.5)	73.8 (±5.2)	88.8 (±2.4)
	10th Graders	29.4 (±8.6)	77.5 (±4.2)	88.9 (±4.2)
	11th Graders	30.8 (±13.8)	75.1 (±14.8)	83.3 (±8.5)
	12th Graders	37.9 (±10.9)	79.1 (±5.9)	84.9 (±3.8)
2003	Total	36.8 (±4.8)	83.9 (±3.3)*	93.6 (±1.3)*
	Males	47.3 (±5.6)	87.3 (±4.0)	92.6 (±1.9)
	Females	26.7 (±4.7)	78.1 (±5.8)*	94.5 (±1.3)*
	African Americans	36.5 (±6.2)	75.4 (±6.1)	90.8 (±2.6)
	Whites	35.8 (±6.3)	90.2 (±3.1)*	95.7 (±1.1)*
	9th Graders	56.9 (±6.5)	83.6 (±3.6)*	93.7 (±1.8)*
	10th Graders	31.3 (±7.1)	81.6 (±7.7)	94.6 (±1.9)
	11th Graders	26.9 (±5.9)	88.8 (±6.3)	95.6 (±2.4)*
	12th Graders	23.7 (±9.3)	§	89.7 (±3.0)

* indicates change from 1993 to 2003 was statistically significant; § indicates unweighted N less than 100

